

FOR IMMEDIATE RELEASE

## PREVENT SPREADING THE FLU DURING PEAK SEASON AND KNOW WHEN TO CONSULT YOUR CLSC

**Kuujuaq, February 5, 2018** – The season for influenza and other respiratory infections is particularly severe this year in Nunavik.

Washing hands regularly, coughing into the crook of the elbow and getting vaccinated remain the best means for preventing the spread of the influenza virus. Further, if you are infected, it is better to remain at home in order to avoid infecting others.

Infections of the respiratory tracts can potentially lead to serious complications and hospitalization, even for those in good health. The symptoms include fever, fatigue, muscle pain, cough and headaches. It is important, however, to remember that an individual can be infected with the influenza virus without showing symptoms.

### **When to consult:**

- Do your symptoms include a stuffed-up or runny nose and cough with no fever (under 38°C or 100.4°F)? You likely have a cold. Resting at home is the best thing to do.
- Do your symptoms include a cough, serious fatigue, headaches, muscle pain and a fever that came on rapidly (over 38°C or 100.4°F)? You undoubtedly have the flu. Rest and care at home should help you recover soon.
- Do your symptoms include those of the flu and are you among the groups at risk of complications (children under two years of age, elderly people aged 65 and over, pregnant women, people with chronic disease)? Consult your CLSC.
- Do your symptoms include those of the flu and do you feel out of breath, have difficulty breathing or experience pain while breathing? Do not wait; consult your CLSC.

If you are infected with the influenza virus, remain at home. In order to avoid transmission to your colleagues, do not go to work. This will help to prevent the flu from spreading.

As a reminder, the objective of vaccination is to prevent complications, hospitalization and in some cases death among individuals whose health is most vulnerable. The vaccine is still available free of charge for all Nunavimmiut. The flu vaccine remains effective however long the virus is in circulation.

Vaccinated individuals contribute to reducing the risk of serious complications among those most at risk; for that reason, the flu should be of concern to all.

Contact your CLSC for the hours of vaccination. For further information, do not hesitate to communicate with a health professional at your CLSC.

List of CLSC telephone numbers in Nunavik:

**Ungava**

Kuujuuaq: 819 964-2905  
Tasiujaq: 819 633-9090  
Aupaluk: 819 491-9090  
Kangirsuk: 819 935-9090  
Quaqtaq: 819 492-9090  
Kangijsujuaq: 819 338-9090  
Kangijsualujuaq: 819 337-9090

**Hudson**

Kuujuaraapik: 819 929-9090  
Umiujaq: 819 331-9090  
Inukjuak: 819 254-9090  
Puvirnituk: 819 988-2957  
Akulivik: 819 496-9090  
Ivujivik: 819 922-9090  
Salluit: 819 255-9090

*The Nunavik Regional Board of Health and Social Services is a public agency created in 1978 according to the James Bay and Northern Québec Agreement. It is responsible for nearly the entire Québec territory located north of the 55<sup>th</sup> parallel in terms of the provision of health and social services for the inhabitants of the 14 communities.*

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**Source:** Nunavik Regional Board of Health and Social Services  
Department of Public Health

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