

FOR IMMEDIATE RELEASE

FLU SEASON IS COMING! VACCINATION AGAINST SEASONAL FLU IS OFFERED FREE OF CHARGE TO ALL NUNAVIMMIUT

Kuujuaq, November 1, 2017 – Once again, this year the Department of Public Health of the Nunavik Regional Board of Health and Social Services (NRBHSS) wishes to announce that the vaccine against seasonal flu is available and offered free of charge to all Nunavik residents. The vaccine's objective is to prevent complications, hospitalization and death among individuals whose state of health is vulnerable. The vaccination campaign against seasonal flu will begin on November 1 and will continue until the end of the flu season.

Often mistaken for a cold, the flu, which is caused by the influenza virus, is a highly contagious infection that affects the respiratory tracts. It spreads when an infected individual sneezes, coughs or speaks in close proximity to other individuals. The virus also spreads through various contaminated surfaces and objects such as door knobs and toys.

The entire population, from the age of six months up, is invited to receive the flu vaccine free of charge. The influenza virus can cause serious complications among the most vulnerable individuals, such as:

- those aged 60 years and older;
- children in good health aged 6 to 23 months;
- pregnant women in good health, during the second and third trimesters of pregnancy;
- those suffering from certain chronic diseases such as respiratory problems, diabetes and cardiac problems;
- residents of extended-care centres (residences for the elderly).

By protecting yourself against the flu, you are also protecting those around you. The vaccine against the influenza virus reaches peak effectiveness two weeks after administration and its protective effects can last up to 12 months. "The vaccine is not dangerous. When you get vaccinated, your immune system creates antibodies that will combat the virus in circulation," explained Dr. Françoise Bouchard, Nunavik Director of Public Health.

Flumist[®], the flu vaccine administered without a needle, is offered to young persons aged 2 to 17 years. It is administered painlessly through the nasal passages, by spraying in each nostril.

The regional board recommends that all individuals at risk of spreading the flu get vaccinated:

- health workers (employees of the health centres, CLSCs and residences, as well as first responders);
- workers in day-cares and educational institutions;
- individuals providing essential services (police officers, pilots, flight attendants).

Please contact your CLSC for the vaccination schedule. For more information, do not hesitate to contact a health professional of your CLSC.

List of telephone numbers of Nunavik CLSCs

Ungava Bay

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

Hudson Coast

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 under the James Bay and Northern Québec Agreement. It is responsible for nearly the entire territory located north of the 55th 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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