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For Immediate Release

Protect yourself and others from influenza

Public Health officials with the Nunatsiavut Department of Health and Social Development are advising residents of the five Labrador Inuit communities of Nain, Hopedale, Postville, Makkovik and Rigolet that “flu” season is here once again and to take measures to protect themselves and others from influenza and other respiratory illnesses.

Influenza or “the flu” is a contagious respiratory condition that spreads quickly from person to person. Sneezing, coughing or even talking releases droplets into the air can infect others.

Symptoms develop quickly, are far more serious than the common cold and **include headache, chills and a dry cough followed by body aches and fever**. Some people may carry the virus without getting sick themselves, but they can still pass it on to others who can get seriously ill.



1. **Annual vaccination** is the most effective way to protect yourself against the flu and serious complications. The vaccine is available to individuals over the age of six months. Please contact Public Health to book an appointment, or for more information.
2. **Wash your hands** with soap and running water regularly and dry them thoroughly with a single-use towel, or use hand sanitizer if you are unable to access soap and water.
3. **Cough and sneeze into your arm, not your hand.**
4. **Avoid touching your eyes, nose and mouth.**
5. **Avoid being around sick people.**
6. **Maintain physical distancing.**
7. **Wear a mask.**
8. **Keep common surfaces and areas disinfected**-germs can live on doorknobs, light switches, keyboards etc. for up to 48 hours.
9. **If you get sick, stay home.** If you think you have the flu you should stay home from school or work until your symptoms are gone. If your symptoms get worse, call your health care provider.

For more information on influenza, please visit:
[Influenza Information - Health and Community Services \(gov.nl.ca\)](https://www.gov.nl.ca/health/community/influenza/)