



FOR IMMEDIATE RELEASE

STILL TIME TO GET YOUR FLU SHOT!

Kuujuaq, January 13, 2014 – As always at this time of the year a peak is being observed regarding the seasonal flu (influenza) situation across the region and the Department of Public Health of the Nunavik Regional Board of Health and Social Services (NRBHSS) wishes to remind the population that vaccination against it is available for everybody in Nunavik.

Influenza is recurrent each year and this year is no exception. It is important to remember that influenza is highly contagious and can hit hard even if you are in good health. For the 2013-2014 season, the predominant strain is H1N1 all across the province including Nunavik. This strain was very much discussed in 2009 when it was at its strongest but “we would like to remind the population that this type of virus is just like any other seasonal flu. It has been circulating for a few years now and is included in the vaccine currently given. Anyone who receives the shot is thus protected against it,” pointed out Dr. Françoise Bouchard, Acting Director of Public Health for Nunavik.

Certain groups are at higher risk of catching influenza or spreading it. If you are among one of the groups listed below, it is highly recommended that you get vaccinated:

Individuals at high risk of complications:

- persons aged 60 years or more;
- children in good health aged 6 to 23 months;
- persons aged six months or more suffering from a chronic disease;
- residents of extended-care centres (elders' centres);
- pregnant women starting at 13 weeks of pregnancy.

Individuals at high risk of spreading influenza:

- health workers (employees of the health centres, CLSCs, residential centres, as well as first responders);
- persons living with one or more persons at high risk of complications;
- workers of the day-cares and the education sector;
- workers of essential services (police, pilots, flight attendants).

To receive your influenza vaccine, contact your CLSC.

For further information, please do not hesitate to consult a health professional at your CLSC.

Nunavik Villages and CLSC Telephone Numbers

Akulivik	819 496-9090
Aupaluk	819 491-9090
Inukjuak	819 254-9090
Ivujivik	819 922-9090
Kangiqsualujuaq	819 337-9090
Kangiqsujaq	819 338-9090
Kangirsuk	819 935-9090
Kuujuaq	819 964-2905
Kuujuaaraapik	819 929-9090
Puvirnituaq	819 988-2957
Quaqtaq	819 492-9090
Salluit	819 255-9090
Tasiujaq	819 633-9090
Umiujaq	819 331-9090

Web Sites:

<http://sante.gouv.qc.ca/en/>

http://www.msss.gouv.qc.ca/sujets/prob_sante/influenza/index.php?accueil_en&PHPSESSID=88643867145ec3e1c38332168ab3b329

*The NRBHSS is a public agency created in 1978 under the **James Bay and Northern Québec Agreement**. It is responsible for nearly the entire Québec territory located north of the 55th parallel in terms of the provision of health and social services for the inhabitants of the 14 communities.*

- 30 -

Source: Nunavik Regional Board of Health and Social Services

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This communiqué is also posted on our Web site at www.rrsss17.gouv.qc.ca.