



**For individuals aged 2 to 17 years: a vaccine without needles**

An influenza vaccine is available for young persons of Nunavik aged 2 to 17 years: Flumist, a vaccine that is sprayed into the nose. No needle is used. The youth receives a spray in each nostril and the process is complete. He or she is then adequately protected.

**Individuals at high risk of spreading influenza: don't spread, get vaccinated!**

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

To receive the influenza vaccine, consult your CLSC for the vaccination schedule.

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

**Nunavik Villages and CLSC Telephone Numbers**

<b>Akulivik</b>	<b>819 496-9090</b>
<b>Aupaluk</b>	<b>819 491-9090</b>
<b>Inukjuak</b>	<b>819 254-9090</b>
<b>Ivujivik</b>	<b>819 922-9090</b>
<b>Kangiqsualujjuaq</b>	<b>819 337-9090</b>
<b>Kangiqsujuaq</b>	<b>819 338-9090</b>
<b>Kangirsuk</b>	<b>819 935-9090</b>
<b>Kuujjuaq</b>	<b>819 964-2905</b>
<b>Kuujjuaraapik</b>	<b>819 929-9090</b>
<b>Puvirnituq</b>	<b>819 988-2957</b>

<b>Quaqtaq</b>	<b>819 492-9090</b>
<b>Salluit</b>	<b>819 255-9090</b>
<b>Tasiujaq</b>	<b>819 633-9090</b>
<b>Umiujaq</b>	<b>819 331-9090</b>

*The NRBHSS is a public agency created in 1995 as per 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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