



Public Service Announcement

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Staying healthy during flu season

With the presence of the H1N1 flu virus in our communities, we all need to protect our health. It is important to pay attention to physical, mental, emotional, social and spiritual needs.

Remember to eat well, drink water, stay physically active, and get plenty of rest. Pay attention to good hand hygiene and cough etiquette. Get immunized.

Find time to enjoy your hobbies; relax, read a book or listen to soothing music. Don't neglect your spiritual practices.

Keeping a balance in our lives will help us to stay well.

The North has always been known for people working together in times of need. During the H1N1 outbreak, it is a time for us to support our families, our neighbours and our communities. Maintain your friendships – a phone call can be as good as a visit. Offer a helping hand, if needed, such as picking up groceries or medications.

If you would like more information about influenza, or have a fever and are experiencing other flu symptoms such as cough, muscle aches, loss of appetite or fatigue, **please call the HealthLine at 1-877-800-0002**. Translation services are available in Cree and Dene.