NORTHERN INTER-TRIBAL HEALTH AUTHORITY

IT TAKES A COMMUNITY TO STOP THE SPREAD.

DO YOUR PART, GET THE FLU SHOT AND THE COVID-19 VACCINE.

NITHA public health officials urges you to take the flu shot to reduce rates of spreading the flu. In addition, we recommend taking the COVID-19 vaccine to accompany the flu shot to ensure protection for ourselves and our loved ones.

As it is now flu season and a current pandemic (COVID-19), these are a few tips to help protect yourselves and your community from the spread of viruses.

Get the Vaccine
Get the Flu vaccine every year.

Wearing a Mask
When physical distancing cannot be maintained, consider wearing a non-medical mask.

Wash Your Hands
Washing your hands often with soap and water if visibly soiled, or using hand sanitizer if not visibly soiled.

Stay At Home
Staying home and away from others if you are sick.

Physical Distance
When outside your home, it means staying at least 2 metres (or 6 feet) away from other people whenever possible.

Cough and Sneeze into your arm
Coughing and sneezing into the sleeves or use a tissue.

Contact your health centre or local healthcare provider to find out how to get your flu shot.

www.nitha.com