



Northern Inter-Tribal Health Authority Inc.

THIRD LEVEL HEALTH SERVICES

October 13, 2026

PUBLIC SERVICE ANNOUNCEMENT

Protect Yourself, Prevent the Spread of Flu and Other Respiratory Illness

Northern Inter-Tribal Health Authority (NITHA) public health officials are advising northern residents to protect themselves and prevent the spread of seasonal influenza (Flu) and other respiratory viruses. Free Flu and COVID-19 vaccines are available in your community health center.

In order to protect yourself and your loved ones during this flu season, it is important to get immunized. "Flu and COVID-19 vaccines are recommended for everyone six months of age and older," said Dr. Nnamdi Ndubuka, Medical Health Officer with NITHA. "Vaccination is the best way to reduce the risk of serious complications."

It is safe to get a COVID-19 vaccine at the same time as a flu vaccine. Getting the vaccines are especially important for people most at risk of serious illness from influenza and their caregivers. For some groups, including children under five years of age, pregnant women, people ages 65 and older, healthcare workers, and people with certain health conditions, the flu can cause very serious illness and can even be life-threatening.

In addition to getting vaccinated, these everyday preventive actions can stop the spread of germs that can cause respiratory illness like the flu:

- Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
- Try to avoid close contact with sick people.
- Keep your distance from others to protect them from getting sick.
- Avoid touching your eyes, nose or mouth because germs spread this way.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.

Schools and Daycare centres can implement the following enhanced measures to reduce the spread of infections:

- continue to encourage daily self-monitoring of all students, staff and visitors for influenza-like illness symptoms;
- review and complete environmental cleaning and disinfection protocols and enhance cleaning and disinfection of the facility;
- maintain accurate records of staff and student attendance, including school transportation, before and after school program, etc.
- make hand sanitizing stations readily available
- encourage uptake of the flu and COVID-19 vaccines.

For more information on flu and COVID-19, please visit <https://www.nitha.com>

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