



FOR RELEASE  
December 9, 2013

## **Flu arrives early in Yukon**

WHITEHORSE—Yukon's Chief Medical Officer of Health Dr. Brendan Hanley today confirmed that Yukon has the flu.

"We now have two lab confirmed cases of influenza in Yukon, and for every lab confirmed case, we know we will have many more cases that will go without being officially diagnosed," Hanley said. "This year as well as last, Yukon has an early start to flu season."

Yukon's flu immunization clinics for the public began October 21. Everyone over the age of six months can get free flu vaccine through their local health centre in the communities, at the Whitehorse Health Centre or the Kwanlin Dün Health Centre.

"Anyone who hasn't yet received their immunization against this year's flu virus is encouraged to do so, especially those over the age of 65 years or under the age of five," Hanley said. "There are limited amounts of flu mist left, a nasal vaccine for children aged two to 17 years."

With flu showing up early again this year, Hanley expressed concern about how much flu activity there will be this year.

"Last year influenza arrived early and we had an intense flu season. I really encourage people to get their flu shot, if not for themselves, then to protect those around them. The more people who are protected against flu, the fewer people who will get sick," Hanley added.

For individuals who are otherwise healthy, influenza symptoms are generally mild to moderate. However, severe illness, complications and worsening of other health conditions can occur especially among risk groups. Symptoms include the rapid onset of high fever, cough, sore throat, aches, pains and chills. Rest and symptomatic treatment are usually all that is needed.

Hanley added that people who suspect they have the flu should stay home from work until they feel better. Those with severe symptoms, or underlying medical conditions, should get medical advice by either calling the Yukon HealthLine at 811 or consulting with their community nurse, family doctor or an emergency physician.

### **Learn more**

Flu Vaccination and Clinic Dates: [www.yukonflushot.ca](http://www.yukonflushot.ca)  
Yukon HealthLine: [www.hss.gov.yk.ca/811.php](http://www.hss.gov.yk.ca/811.php)

-30-

Contact:

Dr. Brendan Hanley  
Chief Medical Officer of Health  
867-456-6136  
[brendan.hanley@gov.yk.ca](mailto:brendan.hanley@gov.yk.ca)

Patricia Living  
Communications, Health and Social Services  
867-667-3673  
patricia.living@gov.yk.ca

*News Release #13-316*



Stay up to date with the latest Yukon government news by subscribing to our RSS feed here:  
<http://www.gov.yk.ca/news/rss.html>. Or follow us on Twitter @yukongov.