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Flu Makes Spring Arrival in Yukon

WHITEHORSE – Spring and the flu arrived just about the same time in Yukon. Medical Health Officer Dr. Brendan Hanley confirmed today that Yukon has its first laboratory confirmed case of flu this year.

“It was just a matter of time,” Hanley said. “We are still encouraging folks to get the flu shot, along with other preventative actions to protect themselves against infection.”

Flu vaccine is still available through Whitehorse Health Centre in Whitehorse, and in community health centres in rural Yukon.

Hanley recommends the free vaccine, along with frequent and thorough hand-washing. And if you become ill, he stresses the importance of coughing or sneezing into your elbow and avoiding face-to-face contact with others.

“If people are sick, they should also stay home until the symptoms are gone,” he said.

Symptoms include fever, headache, chills, cough, sore throat, joint aches and muscle aches.

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