

## **News Release**

FOR IMMEDIATE RELEASE

## ON WORLD TUBERCULOSIS DAY, ALL NUNAVIK COMMUNITIES ARE CALLED TO MOBILIZE THEIR EFFORTS AGAINST THIS DISEASE

**Kuujjuaq, March 24, 2017** – Today is World Tuberculosis Day and the Nunavik Regional Board of Health and Social Services is marking the occasion by calling on everyone to join the fight to eliminate this disease that affects the lives of our people.

Unfortunately, tuberculosis still remains present in our communities. Last year alone 42 cases of active tuberculosis were detected in Nunavik, a clear indication of the growing efforts still needed to stop TB.

"As part of the Regional Plan, the Board has undertaken major initiatives toward developing and implementing community mobilisation projects to fight TB. For instance, Community Wellness Workers are playing a greater role in collaboration with the CLSC in tracking down and confining recent outbreaks of TB in some of our communities." said Minnie Grey, Executive Director of the NRBHSS. "It is part of our increasing effort to build public awareness. World TB Day marks an important date for mobilising individuals, families and communities and seeking their active involvement to stop TB from spreading any further."

The TB community mobilization project first implemented in Kangiqsualujjuaq, is an important part of the campaign to reach out to local leaders from all walks of life to help stop TB. Everyone must do their part in detecting the disease, in helping diagnose and treat it as soon as possible. Together we can become a driving force in the campaign for greater prevention and protection against TB in our communities.

Protecting our children from TB is a key priority. In order to succeed, we must mobilize everyone. This includes family members, friends, work colleagues and even general acquaintances in seeking care when needed. Everyone needs to be well informed about TB and help get the right information out to those who may need it most. It has to be well understood that TB can be treated and cured.

There are two kinds of TB: One is a sleeping infection and the other, an active disease that is contagious and transmitted. You may get TB by regularly spending time with someone who has active TB. If you develop a persistent cough and become seriously ill, see a doctor or healthcare provider immediately. Rest assured, both the active TB and the sleeping TB infection can be cured with antibiotics, but you must act quickly.

In the coming months, the NRBHSS will keep you informed regularly on the ongoing campaign to stop TB. It is part of the overall strategy to improve the health of all Nunavimmiut. This includes the 2017 Nunavik health survey, "Qanuilirpitaa?" which will require the cooperation of all our communities. This is a major initiative to monitor the state of health of our residents. The information will serve to define the public health policies of the future in order to improve the health of the Nunavik population.

"Tuberculosis can be prevented and it can be stopped," Ms. Grey insisted. "But it can't be done without everyone doing their part and having confidence in each other to do it right. Together we can beat TB."

The NRBHSS is a public agency created in 1978 under the **James Bay and Northern Québec Agreement**. It is responsible for nearly the entire territory located north of the  $55^{th}$  parallel in terms of the provision of health and social services for the inhabitants of the 14 communities.

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**Source**: Nunavik Regional Board of Health and Social Services

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