

Public Notice: Nunavik Pertussis Update

Kuujuuaq, September 4, 2024 – There is currently a resurgence of pertussis, also known as whooping cough, in Québec. Nunavik has not been spared, with three cases recently reported in the community of Umiujaq, where the "Blueberry Festival" was held from August 22 to 24, which may have facilitated the spread of pertussis in the region.

Pertussis is a highly contagious disease characterized by severe and uncontrollable coughing fits, which can resemble the crowing of a rooster and are sometimes followed by vomiting. The disease is more severe in babies under 1 year old, who are at higher risk of hospitalization, especially those under 3 months old.

The bacteria are transmitted through droplets from the nose and throat of infected individuals. It spreads easily among family members or between children attending the same daycare or school.

If you have pertussis, make sure to stay away from young children or pregnant women in the late stages of pregnancy.

Anyone who is not protected against pertussis can contract it.

Vaccination is the best way to protect yourself against pertussis.

The recommended vaccination schedule includes the administration of the pertussis vaccine starting at 2 months of age (followed by doses at 4 months, 12 months and at 4 to 6 years old).

It is also recommended that all pregnant women get vaccinated against pertussis during each pregnancy. Babies are much less likely to experience complications if the mother was vaccinated during pregnancy.

If you have excessive or persistent coughing (more than 2 weeks), visit your local CLSC. You will be able to find out if you have pertussis and receive treatment, if necessary, which will help reduce the risk of spreading the disease.

Thank you for sharing this information.

Infectious-Diseases Team
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