



Here are a few key reminders about tuberculosis:

### ***What is tuberculosis?***

Tuberculosis is a contagious disease caused by a microbe, *Mycobacterium tuberculosis*. The microbe most often establishes itself in the lungs, but other organs such as the lymph nodes, kidneys and bones can be affected. Tuberculosis can develop rapidly after initial contact with the microbe, just as it can manifest several years later.

### ***What are the symptoms?***

The symptoms most indicative of tuberculosis are the following: an important cough that persists for more than two weeks, often accompanied by mucus or phlegm, fever, great fatigue, loss of appetite, night sweats and weight loss.

### ***How does an individual get infected with tuberculosis?***

When an individual with contagious pulmonary tuberculosis coughs or sneezes, he or she projects microbes into the air. When another individual inhales those microbes, he or she can be infected.

### ***Who are most at risk of getting infected with tuberculosis?***

The individuals most at risk are those in close and prolonged contact with a sick person who is contagious, i.e., domestic and other intimate contacts. The most vulnerable are children, elderly persons and those whose physical resistance is compromised by other diseases or by their lifestyle.

### ***Is there a treatment for tuberculosis?***

**Yes, and it is essential.** When the medication is taken as prescribed, tuberculosis will heal and become non-contagious. The patient will thus avoid serious complications, besides protecting his or her loved ones. Note that in Québec, tuberculosis is a disease subject to obligatory treatment. It is treated with several medications (generally from two to four different types) that must be taken regularly for a minimum period of 6 months. Thanks to the effectiveness of the medications used, the contagiousness of cases generally diminishes rapidly.



ᐃᑭᐱᑦ ᐃᑭᑦᑎᑦᐱᑦ ᐅᑎᑎᑦ  
RÉGIE RÉGIONALE DE LA NUNAVIK REGIONAL  
SANTÉ ET DES SERVICES BOARD OF HEALTH  
SOCIAUX DU NUNAVIK AND SOCIAL SERVICES

# News Release

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

- 30 -

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

**For information:** Ben Watt  
Communications Officer, NRBHSS  
819 964-2222, extension 251