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

RELEASE

FOR IMMEDIATE DISTRIBUTION

RESPIRATORY TRACT INFECTIONS: HOW TO PREVENT TRANSMISSION

Kuujjuaq, January 2, 2018 – Viruses that cause colds, the flu and other respiratory infections, such as pneumonia, are very much a part of the winter season. These extremely contagious viruses are transmitted when infected persons sneeze, cough or speak near others. They are also transmitted via contaminated objects and surfaces, such as door handles and toys.

Respiratory tract infections can sometimes lead to serious complications and hospitalization. They especially affect the vulnerable, including young children.

The Director of Public Health with the Nunavik Regional Board of Health and Social Services, Dr. Françoise Bouchard, would like to remind you that you can protect your children against serious respiratory infections. Family and friends can help prevent the spread of infections through several simple practices:

- Wash your hands regularly;
- Do not smoke around babies;
- If you have a cold or the flu, do not hold or touch babies;
- Wash toys and any baby areas regularly;
- Get your flu vaccination.

Breastfeeding provides additional protection for babies against respiratory tract infections and is highly recommended.

For a second consecutive season, CLSCs will offer to parents preventive treatment against the respiratory syncytial virus (RSV) for their children aged less than three months old. Parents will be contacted by their CLSCs to propose Palivizumab (Synagis). Injections are administered every four weeks, up to a maximum of four (4) or five (5) doses. The goal is to reduce the high rate of hospitalizations and transfers of Nunavik babies to intensive care units in hospitals in the south due to the virus. It is recommended by pediatricians who deliver services to Nunavimmiut.

A public awareness campaign (radio announcements and a Facebook video) is currently focusing on the importance of handwashing.

Additional information will be available on the website of the Nunavik Regional Board of Health and Social Services at: nrbhss.gouv.qc.ca/en/prevention-respiratory-infections.

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The Nunavik Regional Board of Health and Social Services (NRBHSS) is a public agency created in 1978 under the James Bay and Northern Québec Agreement*. It is responsible for providing health services and social services to the inhabitants of the 14 communities in the territory of Québec located north of the 55th parallel.*

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Source: Nunavik Regional Board of Health and Social Services

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