



FOR IMMEDIATE DISTRIBUTION

WASH HANDS FOR THE HEALTH OF EVERYONE

Kuujuuaq, January 22, 2019 – The Public Health Department of the Nunavik Regional Board of Health and Social Services (NRBHSS) wishes to remind Nunavimmiut, through the various organizations, Coops, schools, and daycares, that washing their hands with soap and water is the best way to prevent respiratory infections.

During winter, viruses causing colds, flu and other respiratory infections are highly contagious. They are spread when an infected person sneezes, coughs, speaks near other people, or shakes hands. Virus transmission is also carried out through a variety of contaminated objects and surfaces, including door handles, toys, light switches, etc.

All Nunavik organizations, schools and daycares will receive, in the winter of 2019, interesting stickers revealing some surprising statistics on hand washing. They will be meant to stick to areas in appropriate places (e.g. near kitchen light switches & bathroom door knobs) to encourage everyone to wash their hands more, for their own health and the consideration of others.

The Nunavik Regional Board of Health and Social Services is a public agency created in 1978 under the James Bay and Northern Quebec Agreement. It is responsible for nearly the entire Quebec territory located north of the 55th 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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