

# Public Service Announcement

# World Tuberculosis Day

**March 24, 2022**

### Nunavut-wide

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March 24 is World Tuberculosis (TB) Day. Each year, the Department of Health recognizes World TB Day as part of its continuous efforts to raise awareness about the harmful health, social and economic effects of TB.

This year's World TB Day theme, "TB and COVID-19," reminds us that TB, as well as COVID-19, remains a public health concern in many parts of the world, including Nunavut.

Certain strains of COVID-19 and TB share similar symptoms such as fever, cough and fatigue. Both illnesses can also spread through the air from person-to-person when coughing, sneezing, singing or talking.

However, additional signs and symptoms of TB include:

- A cough that lasts longer than three weeks.
- Bloody sputum or coughing up blood.
- Night sweats.
- Weight loss.

TB can be treated and cured with antibiotics. Unlike TB, COVID-19 has no cure, but the COVID-19 vaccine is the best protection against the virus, and all Nunavummiut are encouraged to get vaccinated as soon as they are eligible.

If you're experiencing symptoms of TB, please call your local health centre. If you are experiencing symptoms of COVID-19, please call the COVID-19 Hotline at 1-888-975-8601 from 10 a.m. to 6 p.m. to speak with a nurse.

Following these steps can help stop the spread of TB, COVID-19, and other respiratory illnesses:

- Stay home when you feel sick.
- Maintain social distance.
- Cough or sneeze into your sleeve.
- Wash your hands often.
- Avoid touching your face.
- Throw used tissues in the trash right away.
- Don't smoke indoors or around others, especially babies.

For more information on what TB is, the signs and symptoms and how to get tested and treated please visit [www.gov.nu.ca/health/information/tuberculosis](http://www.gov.nu.ca/health/information/tuberculosis) or [livehealthy.gov.nu.ca/](http://livehealthy.gov.nu.ca/)

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