

**As cancer victims are at greater risk**, it is our duty to proactively participate in preventing the spread of the virus, by following the government's direction and recommendation for "mass gatherings during the global COVID-19 outbreak".

We know that these are not easy times for you and your families, which is why we advise you to follow these **recommendations issued by the Government of Quebec:**

- For returning citizens: 14 days voluntary isolation is recommended for all persons returning from abroad.
- If possible, stay at home and avoid going out...
- Call 1-877-644-4545 if you have a cough or fever.
- Wash your hands regularly and avoid sharing personal items such as plates, utensils and glasses.
- Use an alcohol-based hand sanitizer if you do not have access to soap and water.
- Observe the rules of hygiene when coughing or sneezing.
- If you are ill, avoid contact with people who are more vulnerable, including the elderly and people with illnesses.
- Avoid direct contact for greetings, such as handshakes, and use alternative practices.
- If you feel anxiety or emotional distress, you can contact the Info-Social 811 service (24/7 psychosocial telephone consultation).

We invite you to visit the government website for more information:

**[quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019/](https://quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019/)**

**YOUR HEALTH AND THE HEALTH OF YOUR LOVED ONES IS OUR PRIMARY CONCERN. WE HAVE THEREFORE DECIDED TO POSTPONE ALL OF OUR SPRING EVENTS TO A LATER DATE. OUR CONFERENCE ON APRIL 21 WILL BE HELD EXCLUSIVELY ONLINE. AS FOR OUR 21st JUNE EVENTS, A DECISION WILL BE MADE IN THE COMING DAYS.**

**We use all our strength, determination and creativity to ensure support and awareness for men, their families and research. Although a teleworking policy is in effect at PROCURE, we would like to assure you that our open line 7/7 is always available for all families in need.**

**1-855-899-2873**

**ILLNESS DOESN'T STOP, NEITHER DOES OUR FIGHT.**

If you want to help, you can make a donation at **[dons.procure.ca/fr/donate](https://dons.procure.ca/fr/donate)**