

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/

Your health and the health of your loved ones is our main concern, so we have decided to postpone all our spring events to a later date:

-Spinning des célébrités (2 and 3 October)

-La Tablée du Courage (date to be confirmed) and Journée du Courage (date to be confirmed).

-Our March 25th webinar is still on, while our April 21st conference will be held exclusively online.

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

Help prostate cancer victims, make a donation!