

# Press Release

## For immediate release

### ***COVID-19: Easter Weekend*** **Social distancing measures just as important during Easter**

**Laval, April 10, 2020** – With Easter weekend now upon us, the Centre intégré de santé et de services sociaux (CISSS) de Laval would like to remind the public that the measures implemented to curb the spread of COVID-19 must continue to be followed in order to pursue the significant efforts already made.

While Easter is traditionally a time of celebration with family and friends, this year will be different, as the public is required to follow the social distancing measures issued by public health authorities. The safest way to stay connected to loved ones at the moment is by telephone or video chat.

**It is especially important to avoid:**

- all gatherings of people who are not residents of the same household
- travel from one region or city to another, unless absolutely necessary

Prevention remains the best way to protect ourselves and others. Recommendations include always staying 2 metres away from others and avoiding all physical contact for greetings (handshakes and hugs).

**Related link:**

To learn more about the coronavirus and the measures taken by the government:  
[Québec.ca/coronavirus](https://quebec.ca/coronavirus).

**For more information, follow the CISSS de Laval on Twitter [@cissslaval](https://twitter.com/cissslaval)**

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### **About the CISSS de Laval**

The CISSS de Laval is fully dedicated to learning, innovating and excelling in order to offer residents of Laval and surrounding areas a full range of integrated, quality health and social services accessible to all. Its human capital includes over 10,000 employees and doctors working in 32 facilities, including the Hôpital de la Cité- de-la-Santé, the Jewish Rehabilitation Hospital, the Centre de services ambulatoires de Laval, six CLSCs, five residential centres, the Centre de protection de l'enfance et de la jeunesse de Laval, the Centre de réadaptation en dépendance de Laval and the Centre de réadaptation en déficience intellectuelle et troubles envahissants du développement de Laval. The CISSS de Laval is a research and teaching facility affiliated to Université de Montréal and McGill University. For more information about the CISSS de Laval and the services offered in its facilities, go to [www.lavalensante.com](http://www.lavalensante.com).

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