



Dear Hear Québec members,

Due to the recent recommendations from the Federal and Provincial Government regarding the spread of coronavirus (COVID-19), and as the wellbeing of our staff, volunteers, members, and our community are of the utmost importance, we are choosing to temporarily close our office at 7000 Sherbrooke Street West. Our staff will continue to work remotely and will still be contactable by email. You will also be able to reach Hear Québec by calling or texting our cell phone at 514-797-2447. Be sure to check our social media pages and website for ongoing updates.

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Currently all of our spring programs will be postponed until the week of April 6th, 2020.

For the safety of yourself and others, we would kindly like to remind you of the following tips to reduce your risk of infection as outlined by the World Health Organization:

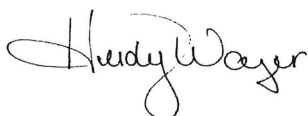
- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
- Maintain social distancing of at least 1 metre (3 feet) between yourself and anyone who is coughing or sneezing.
- Avoid touching eyes, nose, and mouth.
- Practice respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
- Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, you can call the toll-free number 1 877 644-4545.
- Elderly people 70 years of age and over are urged to stay at home, except in the case of necessity or in exceptional circumstances, such as a medical appointment.

For more information on COVID-19, services offered, how to get tested, and precautionary measures to take, please visit [this resource page](#) provided by the Québec government.

As new information is continually being released, we realize that it might not be accessible for all of our members. Our staff is currently working to get the most accurate and updated information regarding accessibility measures available for those who are Deaf or hard of hearing who are in need of any resources related to COVID-19. We will keep you updated.

Thank you for your understanding during this unprecedented time. Remember to stay connected with family and loved ones and be safe.

Kind Regards,



Heidy Wager
Executive Director

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