

### **When in doubt, the CISSS des Laurentides urges the public to get tested for COVID-19**

**Saint-Jérôme, July 31, 2020** – With summer vacation in full swing, the Centre intégré de santé et de services sociaux (CISSS) des Laurentides recommends that people get tested at one of its testing clinics if they have any concern about their state of health.

Vacations are often opportunities to practice more physical activities, which means meeting more people and increased risk of exposure to COVID-19.

The CISSS des Laurentides reminds everyone to wash their hands often, practice 2-metre physical distancing and wear a mask in places and situations where necessary. “On vacation, people tend to adopt more festive behaviours, which can lead to less rigorous compliance with protective measures. So now more than ever is the time for vigilance,” said Dr. Éric Goyer, Director of Public Health for the Laurentians.

#### **When in doubt, get tested**

Whether you are experiencing symptoms or may have been in contact with infected or potentially infected persons, we urge you to get tested, though this does not replace the above-mentioned protective measures.

#### **How to get tested**

The Laurentian region has four designated clinics and one mobile testing clinic. The addresses and opening hours for our designated clinics can be found in the COVID-19 section at [santelaurentides.gouv.qc.ca](http://santelaurentides.gouv.qc.ca). Our designated testing clinics offer testing 7 days a week. The opening hours for our mobile walk-in clinic are also online. It has the capacity to conduct 100 tests a day.

Although our four designated clinics are open to the public with or without appointment, the CISSS des Laurentides does recommend making an appointment to avoid possibly having to wait in line outside. In general, you can get an appointment in less than 24 hours.

To make an appointment, call **1-877-644-4545**.

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