

Vaccination campaign

Le Centre intégré de santé et de services sociaux (CISSS) des Laurentides wishes to remind its population that the respiratory virus vaccination campaign is underway in the Laurentians.



The campaign is designed to offer, **free of charge**, the flu vaccine and the COVID-19 vaccine to the entire population and the pneumococcal vaccine to certain groups of people. Vaccination is highly recommended to people who are at higher risk for complications as well as healthcare workers.

People considered vulnerable or high risk are:

- People living in residential and long-term care centers (CHSLDs), in private residences for seniors or living in other collective environments having a high ratio of seniors and/or vulnerable people ;
- People aged 60 years or older ;
- People who are immunocompromised, who on dialysis, or living with a chronic conditions;
- Pregnant women and parents of babies of less than 6 months of age ;
- Healthcare workers ;
- Adults living in remote or isolated areas.

Vulnerable people are invited to book an appointment. It will be possible to receive the flu and COVID-19 vaccine during the same appointment. The pneumococcal vaccine may also be offered to eligible people.

Mandatory appointment booking

Online at clicsante.ca

By phone at 1 877 664-4545, Monday to Friday, from 8 h to 18h

To facilitate the access to services to the population of the Laurentians, vaccination will be offered in all local services points (vaccination) as well as certain pharmacies. To browse the service points in the region, visit santelaurentides.gouv.qc.ca and click « *Nous joindre* » and « *Points de service locaux* ». Appointments will **not** be given by the local service points.

For more information about the flu, COVID-19 and vulnerable people, please visit santelaurentides.gouv.qc.ca and click « Soins et services ».

When to dial 911 ?

One out of 3 911 calls is not urgent
The network is clogged!

You must dial 911 **only** if your health, your security or your effects are threatened and need immediate action from the fire department, police or ambulance.



Alternative numbers :

- ▶ 211 For information about social/community resources
- ▶ 411 For local directory assistance
- ▶ 511 For traffic and transportation information (MTQ)
- ▶ 811 For Info-Santé (non-urgent health advice) and Info-Social (psychosocial advice)
- ▶ 988 For mental health crisis hotline (launching 2023-11-30)
- ▶ 1-800-790-2424 Hydro-Québec Power Outages, to report or check the status of an outage

Community Living



Please note the **winter schedule** of the office of Town Hall, taking effect on November 1st, 2023:

Mondays – closed

Tuesdays to Thursdays – 9h00 to 16h00 (closed between 12h00 and 13h00)

Fridays – closed



REMINDER:

The last installment of the 2023 **municipal taxes** is due on November 14th, 2023.

Municipalité de Lac-des-Seize Iles

47, rue de l'Église
Lac-des-Seize-Iles, QC J0T 2M0
450-226-3117
www.lac-des-seize-iles.com

INVITATION

The Association du Nouveau Défi would like to invite you to its second lunch on **November 1st, 2023, at 11h30** in the Salle du Conseil at the Town Hall.

This delicious meal will be prepared by Mr. Frank Da Rocha of Station Seize Iles.

On the menu:

Butternut squash soup
Pork loin, mushroom sauce
Roasted potatoes & green beans
Apple crisp
Coffee/tea



**Bring your own wine/beer*



The cost is **10.00\$ per person**

Please reserve your place with Mrs. Réjane Filiatrault, Présidente
514-912-8918 or reжданfiliatrault@gmail.com

Fall program: Nouveaux Défis

Every Wednesday from 13h00 à 16h00

(except the 1st Wednesday of each month)

You are invited to participate in various activities:

Painting with acrylics, pastel, pencil drawing, board games, billard, knitting... or simply join us to chat 😊

Coffee, muffins & cookies will be served!

Or come get in shape with our **Stretching** classes, every Monday from 10h00 et 11h00 in the Salle du Conseil.



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