WHAT TO DO IF YOU'RE CONCERNED **ABOUT YOUR OR A LOVED** ONE'S **HEALTH**

Whether you have a family doctor or not, find out what options are available to you. Professionals are available.





WEMERGENCY SITUATIONS



IN THE EVENT OF AN EMERGENCY, SERIOUS INJURY OR DETERIORATING

If your life is in danger or your medical condition requires immediate attention, you may go to a local emergency room at any time by:

- Calling 911 to request an emergency response or ambulance transportation
- Taking safe transportation to the nearest emergency room

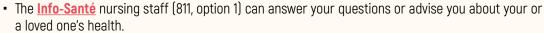


IN CASE OF POISONING

The Québec Poison Control Centre responds to the public and health professionals facing an emergency poisoning situation. Call 1-800-463-5060 at any time (24/7).

TALK TO A NURSE OR SOCIAL WORKER

You can talk to a nurse or social worker by calling 811. A call could save you a trip or a visit to the emergency room. This phone service is available 24/7.



 The Info-Social staff (811, option 2) can help you when you're experiencing a difficult situation, intervene in a crisis or direct you to the right service based on your needs.





SITUATIONS NOT REQUIRING IMMEDIATE CARE



PHARMACIST

To extend a prescription or to adjust or administer your medication, consult your pharmacist or visit monpharmacien.ca/en/.



MEDICAL CONSULTATION

If you have a family doctor or you are followed by a specialized nurse practitioner (SPN) from a GMF, make an appointment. They are not available? Ask for an appointment with another doctor or a nurse practitioner from your medical clinic.

IF YOU DON'T HAVE A FAMILY DOCTOR:

- Make an appointment on the Rendez-vous santé Québec website (rvsq.gouv.qc.ca/accueil/index-en.html)
- Make an appointment at a super clinic (GMF accès-réseau) (ciussscn.ca/superclinique) (French only)
- Call the Info-Santé 811 line (option 1) to have a nurse assess your health and tell you where to go for consultation, if necessary



NON-LIFE THREATENING SITUATIONS, **BUT REQUIRE CARE WITHIN 24 TO 48 HOURS**

Come to the Jeffery Hale Minor Emergency Clinic to be seen by one of the professionals on our team. If the consultation does not require seeing a physician, it may be done by another professional.

Please note that the clinic does not offer medical follow-up, but only responds to punctual needs that require an immediate consultation.

For complete details, go to ciussscn.ca/optionsdeconsultation (French only).



