

ALTERNATIVES TO THE EMERGENCY ROOM



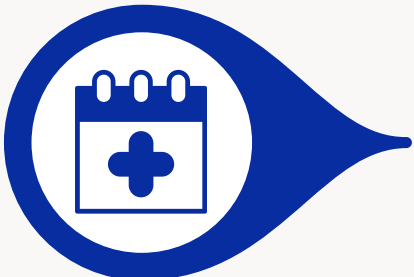
STEP 1

Call 811 to talk to a nurse. Health care professionals of Info-Santé and Info-Social can provide valuable advice.



STEP 2

Consult your pharmacist. They can give you some health advice, renew a prescription and provide other services.



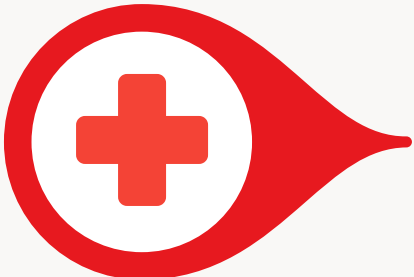
STEP 3

Make an appointment with your family physician, in accordance with the clinic's appointment procedures.



STEP 4

If you do not have a family physician, **contact the Primary Care Access Point (GAP)** by calling 811, option 3.



STEP 5

You are in danger or you need immediate intervention? Do not wait. Go to the **emergency department.**

When to go to the emergency room

