

Sitting for hours in the emergency room
for a **minor health problem**?
It's probably not your favourite hobby...

Better to be safe than sorry!



A stomach bug? The flu? An ingrown toenail?
Check out our health tips before you have
a health concern: urgenceoupas.ca.

The emergency room may not be the most appropriate place for you.

You have several options available:

- Consult your **family doctor**
- Consult **another doctor in the region** at a **family medicine group (GMF)** or **super-clinic**. rvsq.gouv.qc.ca | bonjour-sante.ca
- Your **pharmacist** who can do more for you
- **Info-Santé | Info-Social 811**, 24-hour telephone consultation services
- **Aire ouverte**, a range of health services for youth aged 12 to 25. aireouverte.ca

Centre intégré
de santé
et de services sociaux
de la Montérégie-Ouest

Québec 



santemonteregie.qc.ca/ouest