To register on the WAITING LIST TO FIND A FAMILY DOCTOR (GAMF)

Register online: gamf.gouv.qc.ca.

Make sure you have your valid health insurance card in hand.

If you do not have access to a computer or if you are not comfortable using one, don’t hesitate to ask relatives for help.

The CISSS de l’Abitibi-Témiscamingue is committed to improve access to care for the entire population. Better use of the services can contribute to the system’s efficiency and help reduce waiting times.

www.cisss-at.gouv.qc.ca

My options if I am WORRIED

- I call Info-Santé or Info-Social at 811
- I have suicidal thoughts, I call 1 866 APPELLE / 1 866 277-3553
- I call my pharmacist for my medication or for advice
- I call my family doctor’s medical clinic

I need a FAMILY DOCTOR

- I register on the waiting list to find a family doctor (GAMF) gamf.gouv.qc.ca
- My request is prioritized according to my condition
- Assessment done by a nurse is possible

My options if I am ILL

- I call Info-Santé at 811
- I call my pharmacist
- I consult the decision aids if I have flu or gastro symptoms http://www.cisss-at.gouv.qc.ca/la_sante_publique/maladies_infectieuses/gastroenterite.html http://www.cisss-at.gouv.qc.ca/la_sante_publique/maladies_infectieuses/grippe.html
- I make an appointment with my family doctor (medical clinic or FMG)
- I go to the ER as a last resort or for medical emergencies

Source: Ministère de la Santé et des Services sociaux & Centre intégré de santé et de services sociaux de Chaudière-Appalaches
There are alternatives to the ER for non-urgent health issues. A non-urgent health issue is when a person’s condition does not require immediate care. Different resources are available to treat this type of issue.

INFO-SANTÉ
Info-Santé offers health advice 24/7. For advice, call 811.

PHARMACIST
In certain circumstances, your pharmacist can extend a physician’s prescription until your next appointment. Pharmacists can also prescribe certain medications for traveller’s diarrhea, nausea and vomiting related to pregnancy, women’s urinary infections, allergic conjunctivitis, oral herpes, etc.

CLSC
Your CLSC provides general nursing services by appointment:
- Wound care
- Vaccination
- Emergency oral contraception
- Etc.

Contact your CLSC.

To get a list of the clinics in your area, visit the Portail santé et mieux-être of the Government of Quebec at: sante.gouv.qc.ca