



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.

IF YOU NEED ASSISTANCE

The health care workers at the CISSS de l'Abitibi-Témiscamingue can give you a hand to register on the GAMF.

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.gc.ca

Centre intégré
de santé et de services
sociaux de l'AbitibiTémiscamingue

Québec

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 need a FAMILY DOCTOR

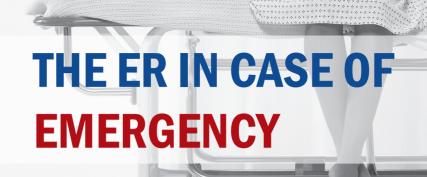
- I register on the waiting list to find a family doctor (GAMF) gamf.gouv.qc.ca
- My request is prioritized according to my condition
- Assessment done by a nurse is possible

My options if I am ILL

- I call 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



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.



FAMILY MEDECINE GROUP (FMG) HOW + MEDICAL CLINICS

If you are part of an FMG, you have access to a physician, regardless of whether the physician is your family doctor or not.

Some family doctors working in FMGs or medical clinics now offer an <u>adapted service</u> that enables you to obtain an appointment promptly. Ask your clinic about this service.

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

A 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.