

# Communiqué de presse

Pour publication immédiate

## Alternatives to consider before going to the ER

**Saint-Jérôme, June 9, 2021** – Due to overcrowding in the region's hospital emergency departments, the Centre intégré de santé et de services sociaux (CISSS) des Laurentides reminds the public that several resources are available if they experience health issues.

If you are concerned or have any questions about your health or that of a loved one, **call Info-Santé or info-Social or dial 811** to speak with a healthcare professional. Healthcare advice is available 24 hours a day, 7 days a week.

You can also speak with your pharmacist, as they provide several services that may meet your specific needs.

For a medical consultation:

- **Contact your family doctor, who is your primary recourse**  
If your doctor belongs to a family medicine group (GMF or Groupe de médecine familiale), you have priority access to your doctor and to all of the group's doctors. A personalised appointment will be scheduled for you depending on your needs.
- **If you don't have a family doctor or if your clinic is closed**  
Check the list of medical walk-in clinics:
  - [Quebec Medical Appointment Scheduler](#) is a harmonised, user-friendly and free government service to enable you to book online an appointment with a family doctor.
  - We have several walk-in medical clinics in the Laurentians. To locate them, visit [sante.gouv.qc.ca/repertoire-ressources/consultations-medicales-sans-rendez-vous](https://sante.gouv.qc.ca/repertoire-ressources/consultations-medicales-sans-rendez-vous).
- **If you have COVID-like symptoms and need to consult a doctor:**  
You can obtain a consultation in a designated COVID-19 evaluation clinic by calling 1-888-222-5075.

Anyone who does not have a family doctor can make a registration request directly on the Québec Family Doctor Finder (GAMF) website at <https://www.quebec.ca/en/health/finding-a-resource/registering-with-a-family-doctor>