

Even during a pandemic,
**you can consult
a professional.**



If you need a medical consultation and have no symptoms of the flu, gastroenteritis or COVID-19, contact:

- your family doctor
- your medical clinic
- your family medicine group
- or Info-Santé 811 if you don't have a doctor

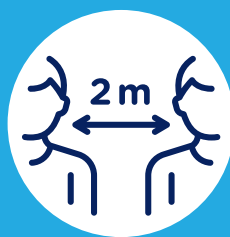
to get a consultation over the phone or, if needed, in person.



Cough into
your sleeve



Wash
your hands



Keep your
distance



Wear
a mask
(if less than 2 metres)

Let's keep at it.
Let's continue to protect ourselves.

[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

☎ 1 877 644-4545