



**For children,  
winter often means  
cough, fever,  
and a runny nose.**

Discover simple and  
practical solutions by  
scanning the QR code.



[ccsmtl.ca/conseils-sante-enfant](https://ccsmtl.ca/conseils-sante-enfant)



### **How to consult a healthcare professional?**

- > Contact your usual clinic
- > Call Info-Santé 811
- > Call the GAP via Info-Santé 811, option 3
- > Call or consult your pharmacist
- > Book an appointment via [rvsq.gouv.qc.ca](https://rvsq.gouv.qc.ca)

Québec 

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