Santé Québec Lanaudière

For immediate release

**PRESS RELEASE**

## Need health advice? Call Info-Santé at 811, option 1




**Joliette, November 2, 2026** – As winter approaches and viruses circulate, Santé Québec Lanaudière wishes to remind you of what to do or who to consult in the event of a health problem.

### 811, option 1: a call to guide you to the right resource

You're concerned about your health or that of a loved one? You don't know what to do or who to consult? Call 811, option1.

Free and available 24 hours a day, Info-Santé 811 allows you to talk to a nurse. She will take the time to assess your situation, give you advice, and refer you to the right place, if necessary.

To avoid waiting, provide your phone number and you will get a call back when it's your turn, without losing your place in line.

### Other resources at your fingertips

Other options are also available, depending on your needs:

- Advice for taking care of yourself at home
- A pharmacist
- Clic Santé, to book an appointment for a test, screening or vaccination
- Your doctor or family medicine group
- Votre Santé, for users without a family doctor or family medicine group. For telephone assistance, call 811, option 3.

If your health or that of a loved one requires immediate care, go to the closest Emergency. For immediate assistance, call 911

Visit the Santé Québec Lanaudière website for information tools that will help you make an informed decision about your health.

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Source: Communications Department
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