



MONTÉRÉGIE WEST
HEALTHCARE
INFORMATION
Booklet
For English speakers

Québec 



- In case of **emergency**, go to your nearest hospital emergency department (*Urgence*).
- If you need emergency services such as **police**, **fire** or **ambulance**, call 911.
- For information pertaining to your health, contact the Info-Santé/Info-Social (HealthLine) helpline at 811.
- For non-emergencies, contact your local CLSC.



HEALTHCARE BOOKLET

This booklet is for English-speaking residents and visitors of the Montérégie West region. It is intended to be used as a reference guide to make it easier for English speakers to communicate with French-speaking health professionals.

This guide does not cover all the topics related to health, nor does it replace any medical or professional opinion in any way.

Reproduction in whole or in part is permitted for non-commercial purposes with author attribution.

Information related to your health and the local healthcare network can be found at santemonteregie.qc.ca/en

To get a copy of this booklet, send us an email at: Info.mwcn@gmail.com.

©Government of Québec, 2021

THANK YOU

Reference and adaptation

Health Passport was originally developed by the Mégantic English-speaking Community Development Corporation (MCDC), *Healthcare booklet* developed by Bagotville Military Family Resource Centre (Bagotville MFRC), and CO-02 (English Network Partnership Initiative in Saguenay-Lac St Jean) in collaboration with the CIUSSS de Saguenay-Lac-Saint Jean.

Conception

Centre intégré de santé et de services sociaux du Saguenay–Lac Saint-Jean. (CIUSSS)

Partners

Centre intégré de santé et services sociaux de la Montérégie Ouest and Dialogue McGill

Funding

Health Canada and Community Health and Social Services Network (CHSSN).

Graphic design

Service des communications et des affaires gouvernementales du CIUSSS du Saguenay–Lac-Saint-Jean. Adaptation by Impact création graphique.

TABLE OF CONTENTS

HOSPITALS.....	8
INFO-SANTÉ 811	10
INFO-SOCIAL 811.....	11
OTHER AGENCIES	12
VACCINATION.....	13
CLSCs	14
MONTÉRÉGIE WEST CLSCs	15
At-Home Support	17
MENTAL HEALTH SERVICES	19
Inpatient Psychiatric Unit.....	21
CORONAVIRUS (COVID-19)	22
HEALTH TIPS.....	24

LYME DISEASE.....	24
HEAT WAVE.....	27
MEDICAL CARDS.....	28
OBTAINING A MEDICAL HEALTH CARD IN QUÉBEC	29
WHEN TO VISIT AN EMERGENCY ROOM.....	30
GETTING A FAMILY DOCTOR	31
SAME DAY OR NEXT DAY CONSULTATIONS ...	32
MEDICAL HISTORY	33
WHERE AM I?	35
FINDING YOUR WAY.....	37
GREETINGS	38
HELPFUL TERMS	39
HUMAN BODY LEXICON	41
PAIN SCALE	44

LEXICON TO HELP DESCRIBE SYMPTOMS.....	45
TIME/DIRECTIONS	46
OTHER INFORMATION.....	48
INTERNAL PAIN.....	49
CHEST PAIN.....	51
ABDOMINAL PAIN	52
HEADACHE.....	54
EXTERNAL SIGNS & SYMPTOMS.....	56
FRACTURES, SPRAINS, MUSCLE AND JOINT PAIN.....	59
CHILDHOOD ILLNESS AND PROBLEMS	60
PREGNANCY.....	61
EMERGENCY CONTACTS.....	64

HOSPITALS

HÔPITAUX

MONTÉRÉGIE WEST

Hôpital du Suroît

150, rue St.Thomas
Salaberry -de-Valleyfield
450-371-9920

Barrie Memorial Hospital

28, rue Gale
Ormstown
450-829-2321

Hopital Anna-Laberge

200, boulevard Brisebois
Chateaugay
450-699-2425

HOSPITALS

HÔPITAUX

Kateri Memorial Hospital Center

10, River Rd

Kahnawake

450-638-3930

INFO-SANTÉ 811

Info-Santé 811 is a free and confidential telephone consultation service. Dialling 811 promptly puts you in contact with a nurse in case of a non-urgent health issue. The service is available 24/7, 365 days a year. Anyone living in Québec can call Info-Santé 811 for themselves or a family member.

Info-Santé 811 nurses evaluate your health situation and give advice based on your condition. Calling Info-Santé 811 often helps to avoid the need to visit a medical clinic or emergency room.

Here are examples of situations in which you can call Info-Santé 811:

- You have a seasonal flu that persists several days, and you are wondering if you should go see a doctor
- Your child wakes up with a high fever and you are wondering if you should take them to emergency
- You are wondering what to do in order to relieve itching and swelling caused by an insect bite
- You have questions regarding health care resources

INFO-SOCIAL 811

Info-Social 811 is a 24/7 psychosocial helpline which puts you in contact with a psychosocial intervention worker in the event of a psychosocial problem.

Anyone who lives in Québec can call Info-Social 811 for themselves or for a family member or friend. When necessary, this professional may also direct you to a community resource or someone in the health and social services network.

Here are examples of situations in which you can call Info-Social 811:

- You are in a situation that causes you anxiety
- You are in mourning
- You are worried about a friend or family member
- You have questions about other worrisome situations or behaviours
- You are experiencing family or relationship problems

OTHER AGENCIES

AUTRES SERVICES D'URGENCE

Drugs: Help and Referral

1-800-265-2626

Elder Mistreatment Helpline

1-888-489-2287

Kids Helpline

1-800-489-2287 or

Text CONNECT to 686868

Parent Helpline

1-800-361-5085

Addictions

450-443-4413

Toll-Free: 1-866-964-4413

Hope for Wellness Help Line

1-855-242-3310

Québec Poison Control Centre

1-800-463-5060

SOS Domestic Violence

1-800-363-9010

Suicide Prevention

1-800-363-9010

Hotline for COVID-19

1-877-644-4545

VACCINATION

Vaccination procedures vary from region to region.

To find out how to proceed and where to get vaccinated, contact your local CLSC or doctor. For their contact info, see the List of CLSCs section on pages 15 and 16 of this booklet. You can also call Info-Santé 811 to find out where the nearest vaccination clinic is.

CLSCs and drugstores may provide these vaccinations at little cost.

CLSCs

What is a CLSC?

A CLSC or a local community services centre provides health and social services on its premises, and in schools, at work and at home, depending on your needs. CLSC services include routine health and social services (nursing care, blood tests, vaccinations, morning-after contraception, etc.); preventive or medical services (medical consultations with or without an appointment); rehabilitation and reintegration services; and public health activities.

MONTÉRÉGIE WEST CLSCs

CLSC Châteauguay

95, avenue de la Verdure

Châteauguay

450-699-3333

CLSC de Coteau-du-Lac

341, chemin du Fleuve

Coteau-du-Lac

450-763-5951

CLSC de Vaudreuil-Dorion

3031, boulevard de la Gare

Vaudreuil-Dorion

450-455-6171

CLSC de Beauharnois

142, rue Saint-Laurent

Beauharnois

450-429-6455

CLSC de Salaberry-de-Valleyfield

71, rue Maden, bureau 200

Salaberry-de-Valleyfield

450-371-0143

CLSC de Huntingdon

10, rue King, bureau 200

Huntingdon

450-829-2321

MONTÉRÉGIE WEST CLSCs

CONTINUED

CLSC de Saint-Chrysostome

21, rue Sainte-Anne
Saint-Chrysostome
450-826-3161

CLSC de Napierville

509, rue Saint-Jacques
Napierville
450-245-3336

CLSC de Rigaud

59, rue Saint Viateur
Rigaud
450-451-6609

CLSC de Saint-Rémi

2, rue Sainte-Famille
Saint-Rémi
450-454-4671

CLSC Kateri

90, boulevard Marie-Victorin
Candiac
450-659-7661

CLSC Saint-Polycarpe

11, Chemin de la Cité
Saint-Polycarpe
450-265-3771

At-Home Support

Have you been weakened by a disease but still want to live at home? Do you have an elderly parent who is finding it increasingly difficult to take care of themselves? Are you waiting for space to open up in a residence? Consult this section for a list of adapted services to help people with loss of autonomy stay at home for as long as possible.

CLSC Châteauguay

95, avenue de la Verdure
Châteauguay
450-699-3333, ext. 3435

CLSC Kateri

90, boulevard Marie-Victorin
Candiac
450-659-7661, ext. 1115

CLSC de Saint-Rémi

2, rue Sainte-Famille
Saint-Rémi
450-454-4671, ext. 6235

CLSC de Salaberry-de- Valleyfield

71, rue Maden, bureau
200
Salaberry-de-Valleyfield
450-371-0143, ext. 3146

CLSC de Huntingdon

10, rue King, bureau 200
Huntingdon
450-829-2321, ext. 1222

CLSC de Vaudreuil- Dorion

3031, boulevard de la
Gare
Vaudreuil-Dorion
450-455-6171, ext. 70109

MENTAL HEALTH SERVICES

Consultations are available to people with mental health problems such as depression, anxiety, or personality disorder. Mental health consultations are available at certain points of service in the region. These services, provided by mental health professionals, are intended for people with severe specific problems, such as major depressive disorder, severe adjustment disorder, high risk of suicide, or generalized anxiety disorder.

External Clinic for Mental Health for Adults

11, rue de L'Église,
Bureau 200
Salaberry-de-Valleyfield
450-373-6252

External Clinic for Mental Health

26, rue Saint-Pierre,
Bureau 200
St-Constant
450-638-0894/ 450-635-
8807

MENTAL HEALTH SERVICES

CONTINUED

External Clinic for Mental Health

230, boulevard Brisebois
Bureau 401
Châteauguay
450-692-0002

External Clinic for Mental Health for Youth & Adults

3031, boulevard de la
Gare
Vaudreuil-Dorion
450-455-7967

CLSC de Huntingdon

10, rue King, bureau 200
Huntingdon
450-829-2321

Inpatient Psychiatric Unit

This unit treats all mental health problems that cause instability, with or without comorbidities, and that require inpatient care. Throughout the patient's stay, the unit provides psychiatric assessment and follow-up, as well as nursing care for the dispensing of medications, stabilization of symptoms, and continuous monitoring of symptoms during the hospital stay. A referral from a doctor is needed.

HÔPITAL DU SUROÎT

150, rue Saint-Thomas
Salaberry-de-Valleyfield
4th Floor

HÔPITAL ANNA-LABERGE

200, boulevard Brisebois
Chateauguay
Ground floor

CORONAVIRUS (COVID-19)

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

Most people who fall sick with COVID-19 will experience mild to moderate symptoms and recover without special treatment.

HOW IT SPREADS

The virus that causes COVID-19 is mainly transmitted through droplets generated when an infected person coughs, sneezes, or exhales. These droplets are too heavy to hang in the air, and quickly fall on floors or surfaces. You can be infected by breathing in the virus if you are within close proximity of someone who has COVID-19, or by touching a contaminated surface and then your eyes, nose or mouth.

CORONAVIRUS (COVID-19)

CONTINUED

Most common symptoms: Fever, dry cough, tiredness

Basic Health instructions to limit the spread of Covid-19

- Wash your hands (20 seconds)
- Cover your face
- Cough into your elbow
- Keep your distance (2 meters apart or 6 feet)

Testing Phone Number:

450-644-4545

Test Results (after 72 hours):

1-800-700-0621 ext. 2301

HEALTH TIPS

LYME DISEASE

Lyme disease is caused by a bacterium that is spread by the bite of an infected tick. If not treated in time, it can lead to serious consequences, such as heart problems, arthritis, or nerve damage. Fortunately, it is easy to protect yourself against tick bites.

Ticks can be found everywhere in the Montérégie region, mainly in wooded areas, forests, undergrowth, shrubs and bushes; tall grass, overgrown lots; gardens near wooded areas, shrubs, bushes or tall grass.



HEALTH TIPS

LYME DISEASE CONTINUED

Before and during the activity

The objective is to limit direct contact with ticks. It is recommended that you:

- Wear long clothing when outdoors.
- Apply insect repellent that contains DEET (20-30%) or icaridin (20%), according to the manufacturer's instructions. Repellents that contain other ingredients do NOT keep ticks away.
- Stay on maintained trails.
- Avoid contact with vegetation.

HEALTH TIPS

LYME DISEASE CONTINUED

After the activity or at the end of the day

Since the risk of developing Lyme disease increases once a tick has been attached for more than 24 hours, you must remove it as quickly as possible.

Note: A tick bite is not painful. You may have been bitten without even knowing it! It is recommended that you:

- Carefully examine your entire body.
- Remove visible ticks as quickly as possible.
- Take a shower or bath, (or go swimming).
- Change your clothes.
- Wash your clothes or put them in the dryer or in the sun.

HEALTH TIPS

HEAT WAVE

Who is most vulnerable to heat?

- Older people (aged 65 and over)
- People with chronic diseases
- People with mental health problems (especially schizophrenia and alcohol or drug addiction)
- Children 0 to 4 years old are also vulnerable to heat.

How can you prevent heat-related health problems?

- Drink a lot of water, even before you feel thirsty.
- Spend 2 to 3 hours a day in a cool, preferably air-conditioned place.
- Take at least 1 cool shower or bath a day or cool your skin with a wet washcloth several times a day.
- Reduce physical effort.

MEDICAL CARDS

CARTES MÉDICALES

When visiting a hospital, doctor or CLSC you must have a:

1. Health insurance card for Québec residents: without it, you may have to pay consultation fees. Your name, as it appears on your birth certificate, must be on your health insurance card.
2. Health insurance card for non-residents: you may have to pay some reimbursable fees for doctors in-office care.
3. Hospital card, which you can get at the hospital. Go to the information desk for instructions on how to obtain your card. Please note that every hospital issues its own card to its patients.
4. You may have more than one hospital card if you have had procedures at different institutions.

OBTAINING A MEDICAL HEALTH CARD IN QUÉBEC

WHERE? Régie de l'assurance-maladie du Québec (RAMQ)

HOW? Residents and people newly arriving in Québec must register for the Health Insurance Plan, even if they were registered for it in the past. If the Régie determines that you meet the eligibility requirements, you will be issued a health insurance card that gives you access to insured healthcare services.

Note: You cannot register online. To obtain a registration form, you must call 1-800-561-9749 during office hours. The Régie cannot send you the form before you arrive in Québec.

For more information, visit www.ramq.gouv.qc.ca.

WHEN TO VISIT AN EMERGENCY ROOM

Call 911 or go to an emergency room immediately in cases of:

- wheezing, shortness of breath, convulsions or difficult breathing
- chest pain
- displaced or open wound fracture
- fainting or dizziness
- sudden numbness or weakness
- bleeding that cannot be stopped
- abdominal pain, especially intense localized pain
- confusion or changes in mental state
- any fever in children under 3 months
- coughing or vomiting blood
- severe headache or head injury, especially if the individual is on aspirin or blood thinners
- blood in the urine or bloody diarrhea
- sudden inability to speak, see, walk, or move.

GETTING A FAMILY DOCTOR

To find a family doctor who is taking new patients, you can register on the waiting list of the Québec Family Doctor Finder (QFDF) at www.gamf.gouv.qc.ca.

Your request will be assessed and prioritized according to your health condition. It is impossible to say exactly how long you will be on the waiting list. The time varies depending on the availability of doctors in your region and the number of people on the waiting list in your territory.

Phone Numbers for your territory waiting lists:

**GACO – RLS DE
JARDINS-ROUSSILLON**
1 866 730-0333 ext. 1

**GACO – RLS DE
VAUDREUIL-
SOULANGES**
1 866 730-0333 ext. 2

**GACO – RLS DU HAUT-
SAINT-LAURENT**
1 866 730-0333 ext. 1

GACO – RLS DU SUROÛT
1 866 730-0333 ext. 2

SAME DAY OR NEXT DAY CONSULTATIONS

If you do not have a family doctor or if your family doctor is not available, you can use other services that provide medical consultations on the same or next day.

To find resources near you:

sante.gouv.qc.ca/en/repertoire-ressources

MEDICAL HISTORY

ANTÉCÉDENTS MÉDICAUX

ALLERGIES

LIST OF MEDICATIONS | LISTE DES MÉDICAMENTS

Name | Nom

Dosage

Name Nom	Dosage
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

CURRENT HEALTH PROBLEMS | PROBLÈMES DE SANTÉ ACTUELS

TREATMENTS RECEIVED | TRAITEMENTS REÇUS

MEDICAL HISTORY

ANTÉCÉDENTS MÉDICAUX

MEDICAL HISTORY | ANTÉCÉDENTS MÉDICAUX

Such as high blood pressure, diabetes, heart disease, asthma, etc.

Tels que : hypertension, diabète, maladie du cœur, asthme, etc..

Since when? | Depuis quand?

_____	_____
_____	_____
_____	_____
_____	_____

SURGICAL PROCEDURES | INTERVENTIONS CHIRURGICALES

Date Surgery and complications | Chirurgie et complications

_____	_____
_____	_____
_____	_____
_____	_____

WHERE AM I?

OÙ SUIS-JE?

Where is...?

Où est...?

Blood collection	Prélèvements sanguins
Oncology department	Service d'oncologie
Day medicine	Médecine de jour
Day surgery	Chirurgie d'un jour
Clinical nutrition	Nutrition clinique
Emergency room	Urgence
Endocrinology department	Service d'endocrinologie
Gynecology department	Service de gynécologie
Cardiology department	Service de cardiologie
Hematology department	Service d'hématologie
Intensive care	Soins intensifs
Isolation	Isolement
Long-term care	Soins de longue durée
Clinical laboratory	Laboratoire de biologie médicale
Nuclear medicine	Médecine nucléaire

Nurse's station	Bureau des infirmières
Nursery	Pouponnière
Obstetrics department	Service d'obstétrique
Outpatient clinics	Cliniques externes
Pediatrics	Pédiatrie
Psychiatry	Psychiatrie
Pulmonology department	Service de pneumologie
Radiology department (X-ray, CAT, MRI)	Service de radiologie (rayon-X, TACO,IRM)
Surgery	Chirurgie
Urine collection	Prélèvement d'urine



FINDING YOUR WAY

S'ORIENTER

Where are...?

To the left

To the right

Où sont...?

Vers la gauche

Vers la droite

Admission	Bureau d'admission
Gift shop	Boutique de cadeaux
Take the elevator/stairs	Prenez l'ascenseur / les escaliers
Basement	Sous-sol
Ground floor	Rez-de-chaussée ou première étage
Vending machine	Machine distributrice
Doctor's office	Bureau du médecin
Waiting room	Salle d'attente
Private room	Chambre privée

GREETINGS

SALUTATIONS

Hello	Bonjour
Good evening	Bonsoir
Goodbye	Au revoir
Hi	Salut
I need medical care and I don't speak French. Could you please find someone who speaks English?	J'ai besoin de soins médicaux et je ne parle pas français. Pourriez-vous s'il vous plaît aller chercher quelqu'un qui parle anglais?
If you speak slowly, I will understand you.	Si vous parlez lentement, je vais vous comprendre.
I am deaf and mute. I use sign language,	Je suis sourd et muet. Je n'utilise que la langue des signes.

HELPFUL TERMS

TERMES UTILES

I/You...	Je/Vous...
I must have...	Je dois avoir...
I must not...	Je ne dois pas...
You must have...	Vous devez avoir...
You must not...	Vous ne devez pas...
I need...	J'ai besoin de...

Blood sample	Prise de sang
On an empty stomach	Être à jeun
Since midnight	Depuis minuit
Fill this prescription	Remplir cette ordonnance
Take this medication	Prendre ce médicament
Routine check-up	Examen de routine
General check-up	Examen général

HUMAN BODY LEXICON

LEXIQUE DU CORPS HUMAIN

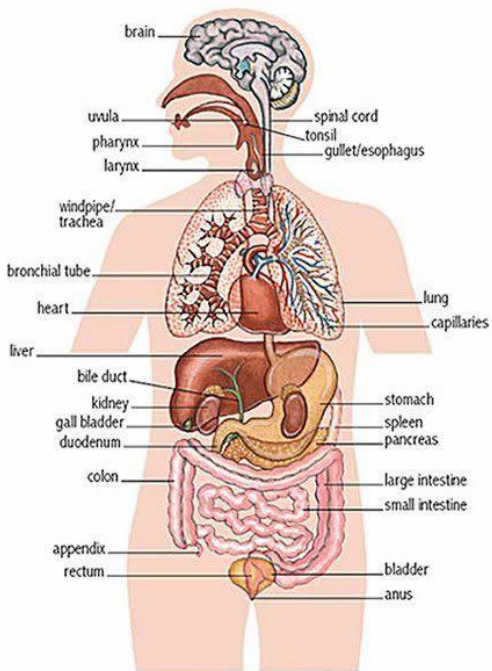
Abdomen	Abdomen
Calf	Mollet
Foot	Pied
Large intestine	Gros intestin
Ankle	Cheville
Cheek	Joue
Forearm	Avant-Bras
Leg	Jambe
Anus	Anus
Chest	Poitrine
Forehead	Front
Liver	Foie
Appendix	Appendice
Ear	Oreille
Gallbladder	Vésicule biliaire

HUMAN BODY LEXICON

LEXIQUE DU CORPS HUMAIN

Lung	Poumon
Arm	Bras
Elbow	Coude
Genitals	Organes génitaux
Pancreas	Pancréas
Bladder	Vessie
Eyebrows	Sourcils
Hair	Cheveux
Small intestine	Petit intestin
Brain	Cerveau
Eyes	Yeux
Heart	Coeur
Spleen	Rate
Buttock	Fesse
Finger	Doigt
Kidney	Rein
Stomach	Estomac

BODY PARTS




TYPES OF PAIN

PAIN SCALE

ÉCHELLE DE LA DOULEUR

Describing your pain and its severity is key in establishing diagnosis. Always try to rank it on a scale of 1 to 10, 10 being the worst pain you have ever had.



1	No Pain	Aucune Douleur
2		
3	Discomforting	Inconfortable
4		
5	Distressing	Pénible
6		
7	Intense	Vive
8		
9	Horrible	Atroce
10	Unspeakable	Indescriptible

LEXICON TO HELP DESCRIBE SYMPTOMS

LEXIQUE POUR AIDER À DÉCRIRE LES SYMPTÔMES

I have pain	J'ai de la douleur
Severe pain	Douleur sévère
Burning pain	Douleur brûlante
Stabbing pain	Douleur lancinante
Constant pain	Douleur constante
Squeezing pain	Douleur oppressante
Crushing pain	Douleur écrasante
Tightness	Serrement
Heaviness	Lourdeur
Tingling	Picotements
Moderate pain	Douleur modérée
Throbbing pain	Douleur pulsatile
Numbing pain	Engourdissement douloureux
Palpitations	Palpitations

TIME/DIRECTIONS

TEMPS/ORIENTATION

Before/After	Avant/après
Hour/Minute	Heure/minutes
Since when?	Depuis quand?
Morning	Matin
Afternoon	Après-midi
Evening	Soir
Last night	La nuit dernière
Days	Jours
Weeks	Semaines
Since	Depuis
It has been	Ça fait maintenant
Today	Aujourd'hui
Once, twice, three times	Une, deux, trois fois
This morning	Ce matin
At lunchtime	Au diner
An hour ago	Il y a une heure

TIME/DIRECTIONS

TEMPS/ORIENTATION

Yesterday	Hier
Sunday	Dimanche
Monday	Lundi
Tuesday	Mardi
Wednesday	Mercredi
Thursday	Jeudi
Friday	Vendredi
Saturday	Samedi
Right	Droit(e)
Left	Gauche
Up	Haut
Down	Bas
In front of	Devant
Higher	Plus haut
Back	Derrière
Lower	Plus bas

OTHER INFORMATION

AUTRES RENSEIGNEMENTS

I took medication and it helped a little	J'ai pris des médicaments et ça m'a aidé un peu
I put ice on it and the pain lessened	J'ai mis de la glace et la douleur a diminué
It hurts more when I...	La douleur augmente si je...
It hurts less when I...	Ça fait moins mal quand je...
It hurts when I move like this	Ça fait mal quand je bouge comme ça
Even if I do not move, it hurts	Ça fait mal même quand je ne bouge pas
It gets worse when I press on it	C'est pire si j'appuie dessus
Last time this happened, I...	La dernière fois que c'est arrivé, j'ai...
It has not changed since it started	Ça n'a pas changé depuis le début

INTERNAL PAIN

DOULEUR INTERNE

I have	J'ai...
I'm having	Actuellement, j'ai
I had	J'ai eu...
Chest pain	Douleur à la poitrine
Earache	Mal aux oreilles
Headache	Mal à la tête
Heartburn	Brûlements d'estomac
Heart attack	Crise cardiaque
Hot flashes	Bouffées de chaleur
Lower back pain	Mal aux reins
Sick to my stomach	Mal au cœur
Sore back	Mal au dos
Sore throat	Mal à la gorge
Stroke	Accident vasculaire cérébral (AVC)
Stomach pain	Mal au ventre
Toothache	Mal aux dents
Blurred vision	Vision floue

TYPES OF PAIN

INTERNAL PAIN

DOULEUR INTERNE

My heart is racing	Mon cœur bat rapidement
The pain started during (after) a physical effort	La douleur est apparue durant (après)un effort physique
I feel the pain below my sternum (breastbone)	Je ressens la douleur derrière mon sternum
It usually goes away with rest	Ça disparaît habituellement avec du repos
I (do not) have a heart condition	J'ai des (je n'ai pas de) problème(s) cardiaque(s)
I take medication for my heart	Je prends des médicaments pour mon cœur
It hurts when I take a deep breath	Ça fait mal quand je prends une grande respiration
The pain radiates down my arm, shoulder, jaw...	La douleur irradie dans mon bras, mon épaule, ma mâchoire
The pain comes on when I am upset or excited and when I exercise	La douleur est causée par les émotions ou l'énervement et l'exercice physique

CHEST PAIN

DOULEUR THORACIQUE

I have chest pain	J'ai une douleur thoracique
It is an acute pain	C'est une douleur aiguë
The pain came on fast	La douleur est apparue soudainement
The pain started at rest	La douleur est apparue en repos
This pain is ___ out of 10	La douleur est à ___ sur 10 (dix)
I (never) had this pain before	J'ai déjà (je n'ai jamais) eu ces douleurs avant
I am sweaty	Je suis en sueurs
I have trouble breathing	J'ai de la difficulté à respirer

ABDOMINAL PAIN

DOULEUR ABDOMINALE

Abdominal cramps	Crampes abdominales
Diarrhea	Diarrhée
Stomach pain	Douleur au ventre
Vomiting	Vomissement
Watery stool	Selles liquides
There is mucus in my stool	Il y a du mucus dans mes selles
Painful rectum	Douleur au rectum
Gastric reflux	Reflux gastrique
My stomach hurts	Mon estomac me fait mal
I have been vomiting since	Je vomis depuis...
I cannot keep anything down	Je ne garde rien
I feel dehydrated (dried up)	Je me sens déshydraté

ABDOMINAL PAIN

DOULEUR ABDOMINALE

I am not hungry	Je n'ai pas d'appétit
I feel nauseous	J'ai des nausées
I have heartburn	J'ai des brûlements d'estomac
I have been vomiting since	Je vomis depuis...
I have nothing left to vomit	Je n'ai plus rien à vomir
I have (not) vomited blood	J'ai (je n'ai pas) vomi du sang
I feel dizzy	Je me sens étourdi
It hurts when I urinate	J'ai mal quand j'urine

TYPE OF PAIN

I have not eaten or drunk since ____ hours (days)	Je n'ai rien mangé ni rien bu depuis ____ heures (jours)
I have reflux when I bend over (when I'm lying down)	J'ai des reflux quand je me penche (quand je suis allongé)
I have not urinated much lately	Je n'ai pas beaucoup uriné dernièrement
I did (not) see blood in my stool	J'ai (je n'ai pas) vu de sang dans mes selles

HEADACHE

MAL DE TÊTE

I have had a headache for (hours, days, weeks)	J'ai mal à la tête depuis (heures, jours, semaines)
I did (not) hit my head	Je (ne) me suis (pas) cogné la tête
My neck (does not) hurt	Mon cou me fait (ne me fait pas) mal
The pain is on the back(front) of my head	J'ai mal en arrière (en avant) de la tête

TYPE OF PAIN

It is the worst headache I ever had	C'est le pire mal de tête de ma vie
The pain is squeezing, crushing	La douleur serre, écrase
The pain is throbbing, pounding	La douleur est pulsatile, martèle
I felt the headache coming on	J'ai senti que j'allais avoir mal à la tête
I felt dizzy before it started	J'ai vu des étoiles avant que ça commence
My eyes are sensitive to light	La lumière me fait mal aux yeux
Loud noises bother me	Les bruits forts me dérangent
I fainted (did not faint)	Je me suis (ne me suis pas) évanoui

EXTERNAL SIGNS & SYMPTOMS

SIGNES ET SYMPTÔMES EXTERNES

Bruise	Ecchymose
Itching	Démangeaisons
Injuries	Blessures
Pimple	Bouton
Rash	Éruption cutanée
Scar	Cicatrice
Scratch	Égratignure
Stitches	Points de suture
Cold of flu symptoms	Symptômes du rhume ou de la grippe
Chest pain	Douleur thoracique
Cold sweats	Sueurs froides
Cough with phlegm	Toux avec crachats
Difficulty swallowing	Difficulté à avaler

EXTERNAL SIGNS & SYMPTOMS

SIGNES ET SYMPTÔMES EXTERNES

Dry cough	Toux sèche
Earache	Mal aux oreilles
Fever (above 37.5)	Fièvre (supérieure à 37.5)
Muscle aches	Douleurs musculaires
Nasal congestion	Congestion nasale
Nausea	Nausée
Runny nose	Écoulement nasal
Sinus pain	Sinus douloureux
Shortness of breath	Souffle court
Sneezing	Éternuement
Sore throat	Mal de gorge
Tiredness	Fatigue
Fatigue	Fatigue
Wheezing	Sifflement bronchique
Burning	Brûlements
Chills	Frissons
Pain	Douleur
Tingles	Picotements

EXTERNAL SIGNS & SYMPTOMS

SIGNES ET SYMPTÔMES EXTERNES

I feel...	Je me sens...
I have...	J'ai des...
Dizzy	Étourdi
Faint	Faible
Feverish	Fiévreux
Nervous	Nerveux
Exhausted	Épuisé
Confused	Confus
It hurts when I cough	Ça fait mal lorsque je tousse
Ringing in the ears	Bourdonnement dans les oreilles
There's blood in my sputum	Il y a du sang dans mes crachats
Sick to my stomach	J'ai mal au cœur

FRACTURES, SPRAINS, MUSCLE AND JOINT PAIN

FRACTURES, ENTORSES, DOULEUR MUSCULAIRE ET ARTICULAIRE

Numb	Engourdi
Tender	Sensible
Painful	Douloureux
I have shoulder, elbow, ankle pain	J'ai de la douleur à l'épaule au coude à la cheville
I fell and hurt my...	Je suis tombé et je me suis fait mal au...
I twisted my ankle	Je me suis tordu la cheville
I heard (did not hear) a crack	J'ai entendu (je n'ai pas) entendu un craquement
I felt a tear	J'ai senti une déchirure
It hurts when I move it	Ça fait mal quand je le bouge
It feels like my knee will buckle	J'ai l'impression que mon genou va céder
The swelling does not go down	L'enflure ne diminue pas
I cannot take anti-inflammatories	Je ne peux pas prendre d'anti-inflammatoires
I have unexplained shakes	J'ai des tremblement inexpliqués

CHILDHOOD ILLNESS AND PROBLEMS

PROBLÈMES ET MALADIES DE L'ENFANCE

ADHD	TDAH
Allergy	Allergie
Autism	Autisme
Chickenpox	Varicelle (picote)
Gastroenteritis	Gastro-entérite
Hand, foot and mouth	Pieds-mains-pouche
Head Lice	Poux
Colic	Colique
Croup	Croup
Dehydration	Déshydratation
Jaundice	Jaunisse
Mumps	Oreillons
Measles	Rougeole
Otitis	Otite
Roseola	Roséole
Rubella	Rubéole
Thrush in the mouth	Muguet dans la bouche
Whooping cough	Coqueluche

PREGNANCY

GROSSESSE

From Tiny Tot to Toddler (Mieux vivre avec notre enfant) is a practical guide that contains scientifically supported information about pregnancy, delivery and the first two years of a child's life. It is given to all new Québec parents at the beginning of the pregnancy monitoring and to those involved in an adoption process.

For more information, go to
www.inspq.qc.ca/en/tiny-tot.

Birthing Centres

Birth Pavillon

Anna-Laberge Hospital: 450-699-2425, ext.2463

Mother-Child Centre

Hôpital du Suroît: 450-371-9920, ext.2146

PREGNANCY

GROSSESSE

I am pregnant	Je suis enceinte
How many weeks (months)?	Combien de semaines (mois)?
Months	Mois
Weeks	Semaines
Days	Jours
Date of the last menstruation period	Date des dernières menstruations
Previous pregnancies	Grossesses antérieures
Contractions	Contractions
Amniotic fluid	Liquide amniotique
Bleeding	Saignement
Echograph	Échographie
Gestational diabetes	Diabète gestationnel
Hypertension (high blood pressure)	Hypertension
Twins	Jumeaux

Breastfeeding Support

CLSC Châteauguay

450-699-3333 ext. 1631

CLSC Kateri

450-659-7661 ext. 163

CLSC de Huntingdon

450-829-2321

CLSC de Saint-Rémi

450-454-4671 ext. 163

CLSC de Salaberry-de-Valleyfield

450-371-0143 ext. 3182

CLSC de Vaudreuil- Dorion

450-455-6171 ext.70345



EMERGENCY CONTACTS

CONTACTS EN CAS D'URGENCE

FIRST PERSON TO CONTACT | PREMIÈRE PERSONNE À CONTACTER

Name _____

Nom

Language _____

Langue

Phone number _____

Numéro de téléphone

SECOND PERSON TO CONTACT | DEUXIÈME PERSONNE À CONTACTER

Name _____

Nom

Language _____

Langue

Phone number _____

Numéro de téléphone

Family doctor _____

Médecin de famille

Name and address of the clinic _____

Nom et adresse de la clinique

This booklet belongs to _____

Ce livret appartient à _____



Website: www.mwcn.ca

Email: info.mwcn@gmail.com


Contact Phone Numbers:

Chateauguay Office: 450-691-1444

Huntingdon Office: 450-264-3596

Pincort Office: 514-425-0399

Candiac: 438-455-2747



**I need medical assistance and
I don't speak French.
Could you please find someone
who speaks English?**

**J'ai besoin de soins médicaux et je ne parle
pas français.**

**Pourriez-vous s'il vous plaît m'aider à trouver
quelqu'un qui parle anglais?**

*Centre intégré
de santé
et de services sociaux
de la Montérégie-Ouest*

Québec 

**Dialogue
McGill**