



Santé  
Canada Health  
Canada

*Votre santé et votre  
sécurité... notre priorité.*

*Your health and  
safety... our priority.*

L'information à  
portée de main  
Santé Canada-Région du Québec

Information within  
your reach  
Health Canada-Quebec Region

Canada



L'information à portée de main  
Santé Canada–Région du Québec

Information within your reach  
Health Canada–Quebec Region





**Santé Canada est le ministère fédéral chargé d'aider les Canadiennes et les Canadiens à conserver et à améliorer leur santé.** Nous évaluons l'innocuité des médicaments et de nombreux produits de consommation, nous aidons à améliorer la salubrité des aliments et nous offrons de l'information aux Canadiennes et aux Canadiens afin de les aider à prendre de saines décisions. Nous offrons des services de santé aux peuples des Premières nations et aux communautés inuites. Nous travaillons de pair avec les provinces pour nous assurer que notre système de soins de santé dessert bien les Canadiennes et les Canadiens.

**Health Canada is the federal department responsible for helping Canadians maintain and improve their health.** We assess the safety of drugs and many consumer products, help improve the safety of food, and provide information to Canadians to help them make healthy decisions. We provide health services to First Nations people and to Inuit communities. We work with the provinces to ensure our health care system serves the needs of Canadians.



## Santé des Premières nations et des Inuits

Coordonnées des bureaux au Québec 514-283-4774  
Coordonnées des bureaux à Ottawa 1-877-483-1575

### Services de santé non assurés (SSNA)

[www.hc-sc.gc.ca/fnih-spni/nihb-ssna/index\\_f.html](http://www.hc-sc.gc.ca/fnih-spni/nihb-ssna/index_f.html)

### Soins de la vue, médicaments, équipement médical, fournitures médicales, transport pour raisons médicales

1-877-483-1575  
514-283-1575

### Santé mentale

1-877-583-2965  
514-283-2965

### Services dentaires

[www.hc-sc.gc.ca/ahc-asc/activit/strateg/fnih-spni/cohi-isbde\\_f.html](http://www.hc-sc.gc.ca/ahc-asc/activit/strateg/fnih-spni/cohi-isbde_f.html)  
1-877-483-5501  
514-283-5501

## First Nations and Inuit Health

Quebec contact information 514-283-4774  
Ottawa contact information 1-877-483-1575

### Non-Insured Health Benefits (NIHB)

[www.hc-sc.gc.ca/fnih-spni/nihb-ssna/index\\_e.html](http://www.hc-sc.gc.ca/fnih-spni/nihb-ssna/index_e.html)

### Vision care, Drugs, Medical Supplies & Equipment, Medical Transportation

1-877-483-1575  
514-283-1575

### Mental Health

1-877-583-2965  
514-283-2965

### Dental Services

[www.hc-sc.gc.ca/ahc-asc/activit/strateg/fnih-spni/cohi-isbde\\_e.html](http://www.hc-sc.gc.ca/ahc-asc/activit/strateg/fnih-spni/cohi-isbde_e.html)  
1-877-483-5501  
514-283-5501

## Aliments et nutrition

### **Bien manger avec le Guide alimentaire canadien – Premières Nations, Inuit et Métis**

[www.hc-sc.gc.ca/fn-an/food-guide-aliment/fnim-pnim/index\\_f.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/fnim-pnim/index_f.html)  
1-800-0-Canada (1-800-622-6232)

## Services de soins de santé

### **Soins à domicile et en milieu communautaire**

[www.hc-sc.gc.ca/fnih-spni/services/home-domicile/index\\_f.html](http://www.hc-sc.gc.ca/fnih-spni/services/home-domicile/index_f.html)

### **Guide des Soins infirmiers à domicile et en milieu communautaire**

[www.hc-sc.gc.ca/fnih-spni/pubs/home-domicile/2003\\_  
handbook-guide\\_nurs-infirm/index\\_f.html](http://www.hc-sc.gc.ca/fnih-spni/pubs/home-domicile/2003_handbook-guide_nurs-infirm/index_f.html)

### **Soins infirmiers**

[www.hc-sc.gc.ca/fnih-spni/services/nurs-infirm/index\\_f.html](http://www.hc-sc.gc.ca/fnih-spni/services/nurs-infirm/index_f.html)

### **Programme de soutien en santé mentale des pensionnats indiens**

[www.hc-sc.gc.ca/fnih-spni/services/indiresident/index\\_f.html](http://www.hc-sc.gc.ca/fnih-spni/services/indiresident/index_f.html)  
1-877-583-2965

## Food and Nutrition

### **Eating Well with Canada's Food Guide – First Nations, Inuit and Métis**

[www.hc-sc.gc.ca/fn-an/food-guide-aliment/fnim-pnim/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/fnim-pnim/index_e.html)  
1-800-0-Canada (1-800-622-6232)

## Health Care Services

### **Home and Community Care**

[www.hc-sc.gc.ca/fnih-spni/services/home-domicile/index\\_e.html](http://www.hc-sc.gc.ca/fnih-spni/services/home-domicile/index_e.html)

### **Home & Community Care Nursing Handbook**

[www.hc-sc.gc.ca/fnih-spni/pubs/home-domicile/2003\\_  
handbook-guide\\_nurs-infirm/index\\_e.html](http://www.hc-sc.gc.ca/fnih-spni/pubs/home-domicile/2003_handbook-guide_nurs-infirm/index_e.html)

### **Nursing**

[www.hc-sc.gc.ca/fnih-spni/services/nurs-infirm/index\\_e.html](http://www.hc-sc.gc.ca/fnih-spni/services/nurs-infirm/index_e.html)

### **Indian Residential Schools Mental Health Support Program**

[www.hc-sc.gc.ca/fnih-spni/services/indiresident/irs-pi\\_e.html](http://www.hc-sc.gc.ca/fnih-spni/services/indiresident/irs-pi_e.html)  
1-877-583-2965

## Hygiène du milieu

[www.hc-sc.gc.ca/ahc-asc/branch-dirgen/fnihb-dgspni/phcphd-dsspsp/ehd-dse/index\\_f.html](http://www.hc-sc.gc.ca/ahc-asc/branch-dirgen/fnihb-dgspni/phcphd-dsspsp/ehd-dse/index_f.html)

## Qualité de l'eau potable

[www.hc-sc.gc.ca/fnih-spni/promotion/water-eau/index\\_f.html](http://www.hc-sc.gc.ca/fnih-spni/promotion/water-eau/index_f.html)

## Environmental Health

[www.hc-sc.gc.ca/ahc-asc/branch-dirgen/fnihb-dgspni/phcphd-dsspsp/ehd-dse/index\\_e.html](http://www.hc-sc.gc.ca/ahc-asc/branch-dirgen/fnihb-dgspni/phcphd-dsspsp/ehd-dse/index_e.html)

## Drinking Water Quality

[www.hc-sc.gc.ca/fnih-spni/promotion/water-eau/index\\_e.html](http://www.hc-sc.gc.ca/fnih-spni/promotion/water-eau/index_e.html)



## Consommation de substances

### **Programme national de lutte contre l'abus de l'alcool et des drogues chez les Autochtones**

[www.hc-sc.gc.ca/fnih-spni/substan/ads/nnadap-pnlaada\\_f.html](http://www.hc-sc.gc.ca/fnih-spni/substan/ads/nnadap-pnlaada_f.html)

## Maladies et état de santé

[www.hc-sc.gc.ca/fnih-spni/diseases-maladies/index\\_f.html](http://www.hc-sc.gc.ca/fnih-spni/diseases-maladies/index_f.html)

### **Diabète**

[www.hc-sc.gc.ca/fnih-spni/diseases-maladies/diabete/index\\_f.html](http://www.hc-sc.gc.ca/fnih-spni/diseases-maladies/diabete/index_f.html)

### **Tuberculose**

[www.hc-sc.gc.ca/fnih-spni/diseases-maladies/tuberculos/index\\_f.html](http://www.hc-sc.gc.ca/fnih-spni/diseases-maladies/tuberculos/index_f.html)

## Santé familiale

### **Programme d'aide préscolaire aux Autochtones**

[www.hc-sc.gc.ca/fnih-spni/famil/develop/ahsor-papa\\_intro\\_f.html](http://www.hc-sc.gc.ca/fnih-spni/famil/develop/ahsor-papa_intro_f.html)

### **Programme de lutte contre l'ensemble des troubles causés par l'alcoolisation fœtale**

[www.hc-sc.gc.ca/fnih-spni/famil/preg-gros/index\\_f.html](http://www.hc-sc.gc.ca/fnih-spni/famil/preg-gros/index_f.html)

## Substance Use

### **National Native Alcohol and Drug Abuse Program**

[www.hc-sc.gc.ca/fnih-spni/substan/ads/nnadap-pnlaada\\_e.html](http://www.hc-sc.gc.ca/fnih-spni/substan/ads/nnadap-pnlaada_e.html)

## Diseases and Health Conditions

[www.hc-sc.gc.ca/fnih-spni/diseases-maladies/index\\_e.html](http://www.hc-sc.gc.ca/fnih-spni/diseases-maladies/index_e.html)

### **Diabetes**

[www.hc-sc.gc.ca/fnih-spni/diseases-maladies/diabete/index\\_e.html](http://www.hc-sc.gc.ca/fnih-spni/diseases-maladies/diabete/index_e.html)

### **Tuberculosis**

[www.hc-sc.gc.ca/fnih-spni/diseases-maladies/tuberculos/index\\_e.html](http://www.hc-sc.gc.ca/fnih-spni/diseases-maladies/tuberculos/index_e.html)

## Family Health

### **Aboriginal Head Start on Reserve**

[www.hc-sc.gc.ca/fnih-spni/famil/develop/ahsor-papa\\_intro\\_e.html](http://www.hc-sc.gc.ca/fnih-spni/famil/develop/ahsor-papa_intro_e.html)

### **Fetal Alcohol Spectrum Disorder Program**

[www.hc-sc.gc.ca/fnih-spni/famil/preg-gros/index\\_e.html](http://www.hc-sc.gc.ca/fnih-spni/famil/preg-gros/index_e.html)

## Santé environnementale et sécurité des consommateurs

Coordonnées des bureaux au Québec 450-646-1353  
1-800-561-3350

### Tabac

[www.hc-sc.gc.ca/hl-vs/tobac-tabac/index\\_f.html](http://www.hc-sc.gc.ca/hl-vs/tobac-tabac/index_f.html)

### Sécurité des produits

[www.hc-sc.gc.ca/cps-spc/index\\_f.html](http://www.hc-sc.gc.ca/cps-spc/index_f.html)

### Sécurité des milieux

#### Air

[www.hc-sc.gc.ca/ewh-semt/air/index\\_f.html](http://www.hc-sc.gc.ca/ewh-semt/air/index_f.html)

#### Eau

[www.hc-sc.gc.ca/ewh-semt/water-eau/index\\_f.html](http://www.hc-sc.gc.ca/ewh-semt/water-eau/index_f.html)

### Drogues et substances contrôlées

#### Stratégie nationale antidrogue

[www.hc-sc.gc.ca/ahc-asc/activit/strateg/drugs-drogues/index\\_f.html](http://www.hc-sc.gc.ca/ahc-asc/activit/strateg/drugs-drogues/index_f.html)

## Healthy Environments and Consumer Safety

Quebec contact information 450-646-1353  
1-800-561-3350

### Tobacco

[www.hc-sc.gc.ca/hl-vs/tobac-tabac/index\\_e.html](http://www.hc-sc.gc.ca/hl-vs/tobac-tabac/index_e.html)

### Product Safety

[www.hc-sc.gc.ca/cps-spc/index\\_e.html](http://www.hc-sc.gc.ca/cps-spc/index_e.html)

### Safe Environments

#### Air

[www.hc-sc.gc.ca/ewh-semt/air/index\\_e.html](http://www.hc-sc.gc.ca/ewh-semt/air/index_e.html)

#### Water

[www.hc-sc.gc.ca/ewh-semt/water-eau/index\\_e.html](http://www.hc-sc.gc.ca/ewh-semt/water-eau/index_e.html)

### Drugs & Controlled Substances

#### National Anti-Drug Strategy

[www.hc-sc.gc.ca/ahc-asc/activit/strateg/drugs-drogues/index\\_e.html](http://www.hc-sc.gc.ca/ahc-asc/activit/strateg/drugs-drogues/index_e.html)







## Médicaments, produits de santé et aliments

Coordonnées des bureaux au Québec 450-928-4345  
1-800-561-3350

### Produits de santé et aliments

#### Réglementation des produits de santé et des aliments au Canada – Plan de renouveau

[www.hc-sc.gc.ca/ahc-asc/branch-dirgen/hpfb-dgpsa/  
blueprint-plan/index\\_f.html](http://www.hc-sc.gc.ca/ahc-asc/branch-dirgen/hpfb-dgpsa/blueprint-plan/index_f.html)

### Médicaments et produits de santé naturels

#### Mise en marché de médicaments et de produits de santé naturels

1-800-267-9675

#### Déclaration des effets indésirables

[www.hc-sc.gc.ca/dhp-mps/medeff/  
report-declaration/index\\_f.html](http://www.hc-sc.gc.ca/dhp-mps/medeff/report-declaration/index_f.html)

1-866-234-2345

[El\\_Quebec@hc-sc.gc.ca](mailto:El_Quebec@hc-sc.gc.ca)

## Drugs, Health Products and Nutrition

Quebec contact information 450-928-4345  
1-800-561-3350

### Health Products and Food

#### Health Products and Food regulation in Canada – Blueprint for renewal

[www.hc-sc.gc.ca/ahc-asc/branch-dirgen/hpfb-dgpsa/  
blueprint-plan/index\\_e.html](http://www.hc-sc.gc.ca/ahc-asc/branch-dirgen/hpfb-dgpsa/blueprint-plan/index_e.html)

### Drugs and natural health products

#### Submission for new drugs and health products

1-800-267-9675

#### Adverse reaction reporting

[www.hc-sc.gc.ca/dhp-mps/medeff/  
report-declaration/index\\_e.html](http://www.hc-sc.gc.ca/dhp-mps/medeff/report-declaration/index_e.html)

1-866-234-2345

[Quebec\\_AR@hc-sc.gc.ca](mailto:Quebec_AR@hc-sc.gc.ca)

## **Programme d'accès spécial (PAS)**

[www.hc-sc.gc.ca/dhp-mps/acces/drugs-drogues/index\\_f.html](http://www.hc-sc.gc.ca/dhp-mps/acces/drugs-drogues/index_f.html)

## **Liste des produits de santé naturels homologués**

[www.hc-sc.gc.ca/dhp-mps/prodnatur/applications/licen-prod/lists/listapprnhp-listeapprpsn\\_f.html](http://www.hc-sc.gc.ca/dhp-mps/prodnatur/applications/licen-prod/lists/listapprnhp-listeapprpsn_f.html)

## **Produits de santé naturels – foire aux questions**

[www.hc-sc.gc.ca/dhp-mps/prodnatur/faq/index\\_f.html](http://www.hc-sc.gc.ca/dhp-mps/prodnatur/faq/index_f.html)

## **Avis, mises en garde et retraits**

[www.hc-sc.gc.ca/dhp-mps/medeff/advisories-avis/index\\_f.html](http://www.hc-sc.gc.ca/dhp-mps/medeff/advisories-avis/index_f.html)

## **Aliments et nutrition**

### **Bien manger avec le Guide alimentaire canadien**

[www.hc-sc.gc.ca/fn-an/food-guide-aliment/index\\_f.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_f.html)

1-800-0-Canada (1-800-622-6232)

## **Special Access Programme (SAP)**

[www.hc-sc.gc.ca/dhp-mps/acces/drugs-drogues/index\\_e.html](http://www.hc-sc.gc.ca/dhp-mps/acces/drugs-drogues/index_e.html)

## **List of licensed natural health products**

[www.hc-sc.gc.ca/dhp-mps/prodnatur/applications/licen-prod/lists/listapprnhp-listeapprpsn\\_e.html](http://www.hc-sc.gc.ca/dhp-mps/prodnatur/applications/licen-prod/lists/listapprnhp-listeapprpsn_e.html)

## **Natural health products—frequently asked questions**

[www.hc-sc.gc.ca/dhp-mps/prodnatur/faq/index\\_e.html](http://www.hc-sc.gc.ca/dhp-mps/prodnatur/faq/index_e.html)

## **Advisories, warnings and recalls**

[www.hc-sc.gc.ca/dhp-mps/medeff/advisories-avis/index\\_e.html](http://www.hc-sc.gc.ca/dhp-mps/medeff/advisories-avis/index_e.html)

## **Food and Nutrition**

### **Eating Well with Canada's Food Guide**

[www.hc-sc.gc.ca/fn-an/food-guide-aliment/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html)

1-800-0-Canada (1-800-622-6232)





### **Nutrition pour une grossesse en santé**

[www.hc-sc.gc.ca/fn-an/nutrition/prenatal/national\\_guidelines-lignes\\_directrices\\_nationales-06\\_f.html](http://www.hc-sc.gc.ca/fn-an/nutrition/prenatal/national_guidelines-lignes_directrices_nationales-06_f.html)

### **Étiquetage nutritionnel**

[www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/index\\_f.html](http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/index_f.html)

### **Avis, mises en garde et retraits**

[www.hc-sc.gc.ca/fn-an/advisories-avis/index\\_f.html](http://www.hc-sc.gc.ca/fn-an/advisories-avis/index_f.html)

## **Réglementation de la lutte antiparasitaire**

Coordonnées des bureaux au Québec  
Coordonnées des bureaux à Ottawa

514-283-7306  
1-800-267-6315

### **Site web**

[www.pmra-arla.gc.ca](http://www.pmra-arla.gc.ca)

### **Nutrition for a Healthy Pregnancy**

[www.hc-sc.gc.ca/fn-an/nutrition/prenatal/national\\_guidelines-lignes\\_directrices\\_nationales-06\\_e.html](http://www.hc-sc.gc.ca/fn-an/nutrition/prenatal/national_guidelines-lignes_directrices_nationales-06_e.html)

### **Nutrition Labelling**

[www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/index_e.html)

### **Advisories, warnings and recalls**

[www.hc-sc.gc.ca/fn-an/advisories-avis/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/advisories-avis/index_e.html)

## **Pest Management Regulatory Agency**

Quebec contact information  
Ottawa contact information

514-283-7306  
1-800-267-6315

### **Web site**

[www.pmra-arla.gc.ca](http://www.pmra-arla.gc.ca)

## Autres coordonnées utiles

### Participation du public et consultations à Santé Canada

[www.hc-sc.gc.ca/ahc-asc/public-consult/index\\_f.html](http://www.hc-sc.gc.ca/ahc-asc/public-consult/index_f.html)

### Rappels d'aliments et de produits

[www.canadiensensante.gc.ca](http://www.canadiensensante.gc.ca)

1-866-225-0709

### Sécurité des produits de consommation

1-866-662-0666

### Votre santé et vous

Votre santé et vous (VSV) est une publication qui offre de l'information fiable sur un large éventail de questions de santé.

[www.hc-sc.gc.ca/iyh-vsv/index\\_f.html](http://www.hc-sc.gc.ca/iyh-vsv/index_f.html)

1-866-225-0709

1-800-267-1245 (ATME)

### Pandémie d'influenza

Site du gouvernement du Canada : [www.influenza.gc.ca](http://www.influenza.gc.ca)

Numéro d'information : 1-800-454-8302

## Other useful information

### Public involvement & Consultations at Health Canada

[www.hc-sc.gc.ca/ahc-asc/public-consult/index\\_e.html](http://www.hc-sc.gc.ca/ahc-asc/public-consult/index_e.html)

### Recalled Food and Products

[www.healthycanadians.gc.ca](http://www.healthycanadians.gc.ca)

1-866-225-0709

### Consumer Product Safety

1-866-662-0666

### It's Your Health

It's Your Health (IYH) provides information you can trust on a wide range of health and safety issues.

[www.hc-sc.gc.ca/iyh-vsv/index\\_e.html](http://www.hc-sc.gc.ca/iyh-vsv/index_e.html)

1-866-225-0709

1-800-267-1245 (TTY)

### Pandemic Influenza

Government of Canada Web site: [www.influenza.gc.ca](http://www.influenza.gc.ca)

Information hotline: 1-800-454-8302

## Commande de publications

### En ligne

[www.publications.gc.ca](http://www.publications.gc.ca)

### Poste

Santé Canada

Indice de l'adresse : 0900C2

Ottawa, Ontario.

K1A 0K9

### Téléphone

1-866-225-0709

613-957-2991

### Télécopieur

613-941-5366

### Courriel

[publications@hc-sc.gc.ca](mailto:publications@hc-sc.gc.ca)

## Publications Order

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[www.publications.gc.ca](http://www.publications.gc.ca)

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Ottawa, Ontario.

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613-957-2991

### Fax

613-941-5366

### E-mail

[publications@hc-sc.gc.ca](mailto:publications@hc-sc.gc.ca)



## Contactez-nous

### Par la poste ou en personne

Santé Canada, région du Québec  
Complexe Guy-Favreau, Tour Est  
200, boul. René-Lévesque Ouest  
Montréal, Québec H2Z 1X4

### Heures d'ouverture

Du lundi au vendredi de 8 h 30 à 16 h 30

### Par téléphone

1-800-561-3350  
450-646-1353

### Par Internet

[www.hc-sc.gc.ca/](http://www.hc-sc.gc.ca/)

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## Contact us

### By mail, or in person

Health Canada, Quebec Region  
Guy-Favreau Complex, East Tower  
200 René-Lévesque Blvd. W.  
Montreal, Quebec H2Z 1X4

### Hours

Monday to Friday, 8:30 a.m. to 4:30 p.m.

### By telephone

1-800-561-3350  
450-646-1353

### Through our Web site

[www.hc-sc.gc.ca/](http://www.hc-sc.gc.ca/)

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