

The ICAO Medical Clinic is located on the 4th floor of the ICAO building, Suite 4.25. We serve the ICAO community and staff of other United Nations entities in Canada, operating in the context of Occupational Safety and Health (OSH), promoting health, safety and wellbeing at work.

Opening hours: Monday to Friday from 8:30am to 4:30pm.

Tele-consultations are available by appointment only by calling (514) 954-8219 ext. 8024 or by emailing [medcen@icao.int](mailto:medcen@icao.int).

For urgent matters and concerns requiring in-person assessments and Covid-19 inquiries, please see local private clinics and services provided below.

### **MULTIPURPOSE PRIVATE MEDICAL CLINICS**

**Union MD Private Clinic:** 514 400 3291

**Family medicine, Dermatology, Gynecology & Obstetrics, Hematology, Gastroenterology, Podiatry, Endocrinology, Orthopedics, Allergies & Immunology, Physiotherapy, Psychology**

Montreal – 1191 Avenue Union, Montreal QC, H3B 3C3

TMR – 4175 Rue Jean Talon Ouest, Montréal QC, H4P 1W6

West Island – 15000, Pierrefonds Boulevard, Suite 300, Pierrefonds, QC, H9H 4G2

**Rockland MD Private Clinic:** 514 667 3383

**Family Medicine, Vaccination Services, Dermatology, Urology, Gynecology, Orthopedics, Colposcopy, Laboratory services, Gastroenterology, Nutrition, Psychology, Cardiology**

Montreal - 1538 Rue Sherbrook West, Office 500, Montreal, H3G 1I5

TMR – 100 Rockland Rd, Mont Royal H3P 2V9

**Crea-MeD Private Medical Clinic:** 514 345-1356

Montreal - 2055 Mansfield St, Montreal, Quebec H3A 1Y7

Please note that **tele-consultations are not well suited** for symptoms such as:

- Sudden vision changes
- Stroke symptoms (facial drooping, arm/leg weakness, speech difficulty)
- Sudden confusion or other neurological symptoms
- Chest pain or severe difficulty breathing
- Serious head injury
- Severe/acute abdominal/pelvic pain
- Any severe pain

If you have any of the above symptoms, dial **911** or go to your nearest emergency room.

**Montreal emergency centers and approximate occupancy/wait time status:**

<https://gowell.ca/en/emergencies/s/montreal>

For other **important/semi-urgent health issues** or advice, contact the 24/7 provincial hotline Info Santé at **811** to speak with a healthcare professional, or the covid-19 hotline at 1-877-644-4545.

## Covid -19 and Workplace Health and Safety

**Covid-19 Tests:** <https://www.biron.com/en/laboratory/covid-19/travel/>

In case of symptoms of cough, fever, difficulty breathing, sudden loss of smell or taste without nasal congestion, or any other symptom associated with COVID-19,

**Please do not report physically to the office.**

You should use a rapid test as soon as possible (self-test kits are available at the clinic), and if you do not have a rapid test, you must self-isolate and contact the COVID-19 hotline 1-877-644-4545 for further instructions.

Should you have a COVID-19 positive result, kindly inform the Medical Centre immediately by email: [medcen@icao.int](mailto:medcen@icao.int) or by phone (514) 954-8219 ext: 8024.

For all other activities, current provincial guidelines advise you must self-isolate for at least 5 days. The period of self-isolation starts with the onset of symptoms or, in the absence of symptoms, the date when the sample was taken.

After 5 days, if your symptoms improve and you have not had a fever for 24 hours, without taking medication for fever, you may resume your essential activities while respecting certain instructions. A PCR or antigen test is not required to resume your activities.

If you are unvaccinated, you must also obtain a negative result to resume your activities after the 5 days of self-isolation. If the result is positive, you must continue your self-isolation.

During the next few days (generally 5 days):

- Wear a mask during any social interaction (except for children aged 5 years and under).
- Avoid contact with vulnerable people.
- Avoid participating in non-essential social events.
- Keep a distance of 2 metres from other people.

After 10 days, you may resume your activities as usual while taking steps to limit the spread of the virus.

If you are immunocompromised, you must self-isolate for at least 10 days. After these 10 days, if your symptoms improve and you have not had a fever in the past 24 hours, without taking medication for a fever, you can resume your activities.

(source: <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/self-isolation/when-do-i-need-to-self-isolate>)

**COVID-19 and International Travel:** [Travel health notices](#)

**You should not travel if you have symptoms of COVID-19.**

The Public Health Agency of Canada is advising travellers to practise enhanced health precautions when travelling internationally.