

**BULLETIN FOR HEALTH AND WELLBEING**

# FRAUD PREVENTION MONTH!



## Fraud prevention:

Don't be afraid to say no

Don't be intimidated by high-pressure sales tactics. If a telemarketer tries to get you to buy something or to send them money right away. Hang up!

Watch out for urgent pleas that play on your emotions.

- Do your research. Always verify that the organization you're dealing with is legitimate before you take any other action.
- Don't give out personal information. Beware of unsolicited calls where the caller asks you for personal information, such as your social insurance number or credit card number.
- Beware of upfront fees. Many scams request you to pay fees in advance of receiving goods, services, or a prize. It's illegal for a company to ask you to pay a fee upfront before they'll give you a loan. There are no prize fees or taxes in Canada. If you won it, it's free.
- Protect your computer. Watch out for urgent-looking messages that pop up while you're browsing online. Don't click on them or call the number they provide. No legitimate company will call and claim your computer is infected with a virus.
- Be careful who you share images with. Disable your webcam or any other camera connected to the internet when you aren't using it. Hackers can get remote access and record you.
- Protect your online accounts; Create a strong password, enable multi-factor authentication, only log into your accounts from trusted sources, don't reveal personal information over social media.
- Recognize spoofing. Spoofing is used to disguise an email, phone number, text message, or website to convince you that you are interacting with a known, trusted source or person.

## Fraud help:

RCMP: Visit your local detachment or call toll free: 1-888-495-8501

Sûreté du Québec: (418) 368-3232

## THIS ISSUE

**FRAUD PREVENTION**

**EMERGENCY TRIAGE SCALE**

## NEXT ISSUE

**PREGNANCY MONITORING**

**SERVICES AFTER BIRTH**

Reference :

<https://alzheimer.ca/federationquebecoise/en/alzheimersocieties>  
<https://www.ciass-gaspesie.gouv.qc.ca/soins-et-services/personnes-aîees-et-en-perte-dautonomie/clinique-de-la-memoire/>

# EMERGENCY MEDICAL ASSESSMENT

As soon as you arrive, you will be asked to take a number so that you can later be met by the triage nurse. A nurse will then see you in triage to assess your health problem and determine your priority for treatment. You will then be assigned a triage level and you will be informed.

This is what the levels mean:

Triage charter

**Level 1:** Resuscitation

Conditions that threaten a person's life or body part (or pose an imminent risk of deterioration) requiring aggressive and immediate intervention.

**Level II:** Very urgent

Conditions that pose a potential threat to a person's life, limb integrity or function and require rapid medical intervention or execution of a protocol.

**Level III:** Urgent

A person's condition may worsen to a problem requiring specific urgent intervention, the conditions may be associated with significant discomfort and affect the ability to work or perform daily activities.

**Level IV:** Less urgent

Conditions which, in relation to the person's age, degree of distress or potential for deterioration or complications, may require intervention or advice with minimal delay.

**Level V:** Not urgent

Conditions that may be acute, non-urgent, or chronic, but without signs of deterioration. Investigation and interventions for some of these problems may be delayed or even referred to other areas of the healthcare network.



## Activity Corner

### ST. PATRICK'S DAY MAZE

Find your way through the maze to reach the shamrock in the center.

*Happy St. Patrick's Day!*



Color me!



Health  
Canada

Santé  
Canada

Always check with your physician before starting any new activities. This bulletin should never be used as a substitute for seeing a doctor. If you are concerned about a possible medical condition, please consult your physician.