

CARBON MONOXIDE KILLS! PROTECT YOURSELF

Baie-Comeau, December 5th, 2018 – With the arrival of winter temperatures, the North Shore Department of public health would like to remind the population of the risks associated with carbon monoxide and of the means to prevent poisoning.

Carbon monoxide is often released from a heating unit (stove, fireplace) located in the basement of a home or in a cottage. Carbon monoxide is a very toxic gas which you cannot see or smell. It is produced when you burn any type of fuel (e.g.: wood, petroleum products).

In order to avoid poisoning, it is recommended to:

- Have your fuel-powered (e.g.: wood, petroleum products) central and supplementary heating systems inspected and maintained;
- Get your chimney cleaned properly in the fall;
- Never use fuel-burning equipment (e.g.: briquette stove, Hibachi, barbecue, fuel-burning heater, generator) inside a home, garage, temporary shelter, shed, or any other enclosed space not intended for this purpose;
- Never use fuel-burning equipment near windows or air intakes leading inside an enclosed space (e.g.: home, shed, garage);
- Avoid starting a vehicle, snowmobile or snow blower inside a garage or temporary shelter, even with opened doors;
- Always completely clear snow from your vehicle before starting it;
- When riding a snowmobile with a sleigh, make sure the sleigh is specifically adapted to the snowmobile and not made for another type of recreational vehicle;
- Avoid cleaning snow from your driveway with a snow blower equipped with a protector booth (often in polythene) for an extended period.

If there is a source of carbon monoxide in your home (fuel heating), install carbon monoxide detectors; when you buy them, make sure they have the CSA or ULC logos and follow the manufacturer's instructions, notably to be informed on the right place to install them.

The poisoning symptoms are notably: headaches, nausea, dizziness, tiredness, muscle weakness, loss of consciousness, and convulsion which can develop into a cardiorespiratory arrest. They look like influenza-like conditions, a gastroenteritis or food poisoning, a state of drunkenness, or cardiac or psychiatric symptoms. Certain people are more vulnerable to poisoning, such as children, seniors, pregnant women, and people with cardiorespiratory diseases.

For further information, visit <https://www.quebec.ca/en/health/advice-and-prevention/health-and-environment/preventing-carbon-monoxide-poisoning/>.

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