

## PROTECT YOURSELF AGAINST CARBON MONOXIDE!

**Baie-Comeau, January 8<sup>th</sup>, 2020** – As we begin this new year, the Direction de santé publique de la Côte-Nord would like to remind the population of the risks associated with carbon monoxide and of the means to prevent poisoning, which can be fatal.

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). Carbon monoxide is often released from a heating unit (stove, fireplace) located in a home or in a cottage. Given their increased use during the cold months, certain precautions are necessary to protect yourself.

The poisoning symptoms are, notably: headaches, nausea, dizziness, tiredness, muscle weakness, loss of consciousness, and convulsion which can develop into a cardiorespiratory arrest. Certain people are more vulnerable to poisoning, such as children, seniors, pregnant women, and people with cardiorespiratory diseases.

### Recommendations to avoid poisoning

- 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 with the CSA or ULC logos and follow the manufacturer's instructions for installation.

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

- 30 -

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