

## CARBON MONOXIDE KILLS! PROTECT YOURSELF!

**Baie-Comeau, July 2<sup>nd</sup>, 2020** – Engaging in outdoor activities is excellent for your health but the Direction de santé publique de la Côte-Nord would like to remind the population of the risks of carbon monoxide poisoning when using fuel-burning equipment (ex.: propane gas, oil, wood); these equipment emit carbon monoxide. Carbon monoxide is a toxic gas that is colorless, odorless and tasteless. As a result, it cannot be detected, unless you have a detector that is specifically designed for this purpose.

Carbon monoxide poisoning is insidious: the symptoms can go from a headache or nausea to dizziness, and severe cases can lead to a coma or even death. Depending on the severity of exposure, symptoms can appear after a few minutes or after several hours.

Therefore, it is important to be cautious when using fuel-burning equipment. That is why the Direction de santé publique de la Côte-Nord wants to remind the population, and more particularly outdoor enthusiasts, of the measures to follow to keep the level of risk at a minimum.

### Recommendations to avoid carbon monoxide poisoning

- Have your fuel-based central heating or supplemental heating systems (i.e. wood, oil products) checked and maintained;
- Make sure the chimney was properly swept in the fall;
- Never use fuel-burning equipment (ex.: briquette stove, Hibachi, BBQ, fuel-based heater, generator) inside a home, garage, temporary shelter, shed or any other closed space that is not designed for this purpose;
- Never use equipment that burns fuel close to windows or air intakes that lead to a closed space (ex.: home, shed, garage);
- Avoid prolonged running of automobiles in garages or temporary shelters, even when the doors are open;
- If your home has a source of carbon monoxide (fuel-based heating), install carbon monoxide detectors that carry the CSA or ULC logos when you purchase them and respect the manufacturer's guidelines on where to install it.

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

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