

## PROTECT YOURSELF FROM CARBON MONOXIDE!

**Baie-Comeau, November 4<sup>th</sup>, 2020** – Considering the power outages currently affecting the Schefferville area, the Direction de santé publique de la Côte-Nord invites the population to remain prudent when using devices that may generate carbon monoxide, namely electrical generators and fuel-powered central or supplementary heating systems (i.e. wood, petroleum products).

A situation such as this one may cause risks to the health and safety of the population, more specifically carbon monoxide poisoning, which can lead to death. Carbon monoxide is a toxic gas that is invisible and odorless. It does not irritate the eyes or the airways.

It is emitted by heating devices (oven or fireplace) found in the home or the cottage. Considering their increased use during the winter and during long power outages, some important precautions should be taken in order to stay safe.

Symptoms of carbon monoxide poisoning include headaches, nausea, dizziness, fatigue, muscular weakness, loss of consciousness and seizures that may lead to a cardiopulmonary arrest. Some people are more vulnerable to carbon monoxide poisoning, including children, seniors, pregnant women and people who suffer from cardiopulmonary diseases.

### Recommendations to avoid carbon monoxide poisoning

- Have your fuel-powered central or supplementary heating systems (i.e. wood, petroleum products) checked and maintained;
- Make sure the chimney was properly swept in the fall;
- Never use fuel-burning equipment (ex.: briquette stove, Hibachi, barbecue, fuel-burning heater, generator) inside a home, garage, temporary shelter, shed or any other enclosed space that is not designed for this purpose;
- Never use fuel-burning equipment close to windows or air intakes that lead to an enclosed space (ex.: home, shed, garage);
- If your home has a source of carbon monoxide (fuel-powered 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 <https://www.quebec.ca/en/health/advice-and-prevention/health-and-environment/preventing-carbon-monoxide-poisoning/>.

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