

## CARBON MONOXIDE KILLS! PROTECT YOURSELF

**Baie-Comeau, December 16, 2025** – The Direction de santé publique de la Côte-Nord would like to remind the population of the risks associated with carbon monoxide and the ways to prevent poisoning that can at times be fatal.

Carbon monoxide is a very toxic gas that cannot be seen or smelled. It is produced when burning any type of fuel (e.g., wood, petroleum products). Carbon monoxide often comes from heating equipment (stove, fireplace) located in the basement of a home or cottage. Considering the increased use of this equipment during the cold season, especially during power outages, some precautions need to be taken to protect yourself.

Poisoning symptoms include headaches, nausea, dizziness, fatigue, muscle weakness, loss of consciousness, and convulsions that can lead to cardiorespiratory arrest. They may appear similar to influenza-like illness, gastroenteritis, food poisoning, alcohol intoxication, or cardiac or psychiatric symptoms. Certain people are more vulnerable to poisoning, such as children, seniors, pregnant women, and people who suffer from cardiorespiratory diseases.

### Recommendations to avoid carbon monoxide poisoning

- If your home contains a source of carbon monoxide (fuel burning heat), install carbon monoxide alarms bearing CSA or ULC logos and follow the manufacturer's installation instructions.
- 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 starting a vehicle, snowmobile or snow blower inside a garage or temporary shelter, even with the doors open.
- When riding a snowmobile with a sled, make sure the sled 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 protective cab (often in polythene) for an extended period.
- Always completely clear snow from your vehicle before starting it.
- Make sure your chimney was properly swept in the fall.
- Have your fuel-powered central or supplementary heating systems (e.g., wood, petroleum products) checked and maintained.

For more information, visit [www.quebec.ca/en/health/advice-and-prevention/health-and-environment/preventing-carbon-monoxide-poisoning](http://www.quebec.ca/en/health/advice-and-prevention/health-and-environment/preventing-carbon-monoxide-poisoning) .

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