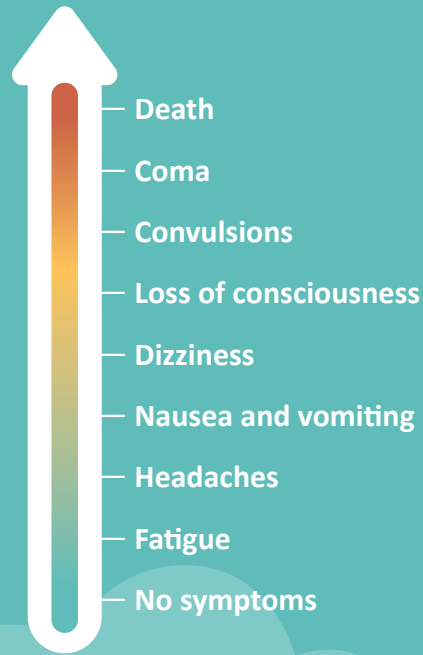


SYMPTÔMES



PEOPLE AT GREATER RISK

- Pregnant women and fetuses
- Newborns and children
- Seniors
- People with pulmonary or cardiac conditions
- Smokers

HOW TO PREVENT CARBON MONOXIDE POISONING?

Install a carbon monoxide detector, preferably close to potential sources (e.g.: garage, furnace, etc.)

- **Barbecues and camping equipment** must never be used as an alternative source of heat or to cook inside.
- **Equipment powered by a combustible** (e.g.: oil, gas, fuel, charcoal, propane) must never be used inside
 - your home
 - a shelter
 - a vehicle
- **Generators must be installed according to the manufacturer's instructions, outside (never in the garage)** and away from air ducts, windows and doors.
- **Follow the device's maintenance and safety rules.** Call upon qualified personnel.

CARBON MONOXYDE

A SILENT KILLER



For more information:

→ quebec.ca

→ santemontreal.qc.ca

Translations in a number of languages can be found on the Santé Montréal website.

→ lavalensante.com

CARBON MONOXIDE (CO) IS A TOXIC COLOURLESS, ODOURLESS, TASTELESS GAS.



Colourless



Odourless



Tasteless

Carbon monoxide is a **threat to your health even at low levels of exposure.**

When it enters your system, CO replaces the oxygen in your blood. As a result, it prevents the oxygen from nourishing your body.

Its effects can occur well before you suspect its presence. **But a carbon monoxide detector can alert you and save you and your family's lives!**

WHAT TO DO IN THE EVENT OF POISONING?

If you experience symptoms (e.g.: headaches, dizziness, fatigue, nausea and vomiting) **or if a carbon monoxide detector is triggered:**

→ **Get outside**

as quickly as possible

→ **Call 911 or the poison control centre**
(1 800-463-5060)

911

It's important to NOT return inside, even for a few minutes without authorization from firefighters.

In Montréal and Laval, firefighters and Urgences Santé can measure carbon monoxide in the air and look for its sources.

A collaboration between Montréal and Laval's regional public health departments.

SOURCES

ALL equipment, tools and vehicles that use a source of combustion (e.g.: propane, wood, oil, gas, charcoal or natural gas) can emit carbon monoxide.

Here are some examples:



Camping heater



Barbecue



Generator



Furnace



Fireplace



Car



Petrol tools



Space heater



Gaz stove