



Keep carbon monoxide out of your home



Each year, Canadians die or become ill because of carbon monoxide (CO) poisoning. Protect your family by following these safety tips and installing CO detectors in your home or cottage.

Important! If your CO alarm sounds:

- Leave your home immediately and move to fresh air.
- Do not try to locate the source of CO.
- Once outside, call 911, your fire department or emergency services.
- Do not return to your home until the problem has been fixed by a professional.

What is carbon monoxide (CO)?

Carbon monoxide (CO) is a harmful gas that has no colour, smell or taste. CO forms whenever you burn fuel like propane, natural gas, gasoline, oil, coal, and wood.

While CO can be present in your home or cottage at any time of the year, the risk is greater in cold winter months. That's because homes in Canada are usually heated by furnaces, water heaters/boilers, wood stoves, and other appliances that run on fuels.

Other sources of CO include vehicle exhaust, blocked chimney flues, fuel-burning cooking appliances, and charcoal grills used in a home, cottage, garage or other unventilated areas.

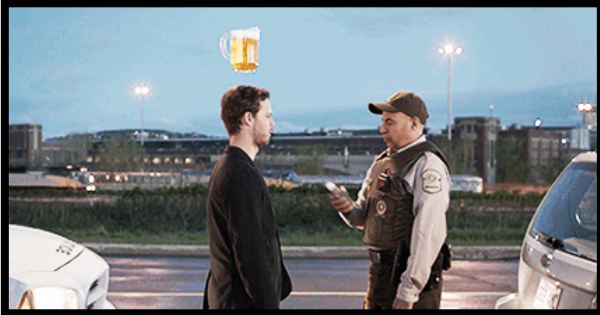
CO can cause health problems before you even notice that it is present. The effects of exposure to CO can be very serious:

- At low levels, symptoms include headaches, tiredness, shortness of breath, and impaired motor functions.
- At high levels, or if you are exposed to low levels for long periods of time, you can experience dizziness, chest pain, tiredness, poor vision, and difficulty thinking.
- At very high levels, CO can cause convulsions, coma, and even death.

CO can only be detected with a CO detector.

(Source : www.canadiensensante.gc.ca)

Road safety as the holiday season approaches



Drinking and Driving

Alcohol is one of the leading causes of accidents in Quebec. Every year, accidents due to alcohol cause an average of:

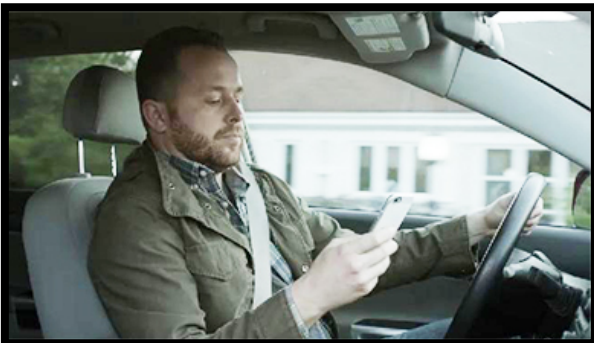
- 160 deaths.
- 370 serious injuries.
- 1,900 minor injuries.

In 2013 alone, 41% of deceased drivers had been drinking.

Realistic and Valid Solutions

If you want to party, leave your car at home and choose an alternative to driving. Think about it before going out!

- Public transit : When available, the bus or metro makes things easier. A quick tip: check the schedule beforehand.
- Taxi : Think about getting [Cool Taxi](#) coupons, which can be used like cash to pay for a cab ride.
- Drive-home service : [Operation Red Nose](#), [Tolérance Zéro](#) and other drive-home services are available all year round in some parts of Quebec. They are inexpensive, and your vehicle is already home the next morning.
- Designated driver : A designated driver is not the person who drinks the least, but rather the person who has not had anything to drink at all!



Cell phones

Using your cell phone when you are at the wheel increases the risk of having an accident or of committing an offence. If you text while driving, your eyes are away from the road for 4 to 6 seconds. At 90 km/h, this is like travelling the length of a football field with your eyes closed.

Simple tips:

- Download the [Focus Mode](#) mobile application for free.
- Turn off your cell phone before heading out.
- Park your car before placing a call or texting.
- You can ask passengers in the vehicle to answer calls, read or write text messages for you.

(Source : www.saaq.gouv.qc.ca)