



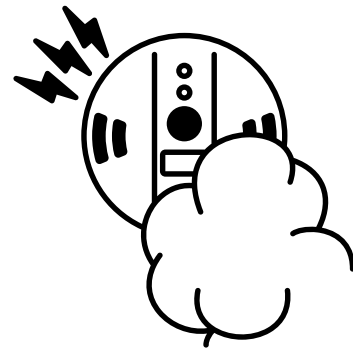
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Protect yourself from carbon monoxide this winter

Carbon monoxide is an invisible gas that cannot be smelled. It can quickly become dangerous, as a person can breathe in this gas without realizing it. It often comes from fuel-burning appliances such as heaters, water heaters, or stoves that are not working properly. In winter, when windows are closed and heating appliances are used more often, the risk of accumulation is higher.

Exposure to carbon monoxide can cause headaches, dizziness, extreme fatigue, nausea, or difficulty thinking clearly. In some cases, poisoning can become severe and require urgent medical attention. Since these signs can resemble other health problems, it is important to know the preventive measures to reduce the risks in your home.



To protect yourself, install a carbon monoxide detector near bedrooms and check that it is working properly. Test the battery regularly to ensure that the alarm will sound if the gas is present. Have your heating system or any fuel-burning appliance inspected annually by a qualified professional. Also, make sure that the air vents for your home are not blocked by snow or objects.

It is important to never use outdoor appliances indoors. For example, a barbecue, a portable heater designed for outdoor use, or a generator can produce carbon monoxide very quickly. Never leave a vehicle running in a closed garage, even for a short period of time, as the gas can spread throughout the house.



For more information, you can consult [this reliable resource from Health Canada](#). It lists sources of carbon monoxide, possible symptoms, and essential actions to take to prevent poisoning.