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Adoptez les bons gestes pour réduire les risques** | | | | |  | | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **En période hivernale, les risques d’intoxication au monoxyde de carbone (CO) augmentent, en lien avec l’utilisation des appareils de chauffage. Chaque année, ce gaz toxique est responsable d’une centaine de décès en France.  Invisible, inodore et non irritant, le monoxyde de carbone est indétectable. Des gestes simples contribuent pourtant à réduire les risques.** | | | | |  | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Pour limiter les risques d’intoxication, adoptez les bons gestes**  Les appareils utilisant des combustibles (gaz naturel, bois, charbon, fuel, butane, propane, essence ou pétrole etc.) pour la production de chaleur ou de lumière sont tous susceptibles, si les conditions de leur fonctionnement ne sont pas idéales, de produire du monoxyde de carbone (CO).   * Avant l’hiver, faites systématiquement vérifier et entretenir les installations de chauffage et de production d'eau chaude, ainsi que les conduits de fumée (ramonage mécanique) par un professionnel qualifié dans votre résidence principale et secondaire le cas échéant ; * Aérer au moins 10 minutes par jour votre logement, même s’il fait froid ; * Maintenez vos systèmes de ventilation en bon état de fonctionnement et n’obstruez jamais les entrées et sorties d'air ; * Respectez systématiquement les consignes d'utilisation des appareils à combustion indiquées par le fabricant: ne jamais faire fonctionner les chauffages d'appoint en continu ; placer impérativement les groupes électrogènes à l'extérieur des bâtiments ; ne jamais utiliser pour se chauffer des appareils non destinés à cet usage : cuisinière, brasero, barbecue, etc. | | | | |  | | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | En collectivité, il convient d’être particulièrement attentif : les intoxications liées à l’utilisation de chauffages à gaz sont fréquentes. | | | | |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | **Réagir rapidement : aérer et appeler les secours**  Les symptômes - **maux de tête, fatigue, nausées** - apparaissent plus ou moins rapidement et peuvent toucher plusieurs personnes au sein d’un même foyer.  Une intoxication importante peut conduire au coma et à la mort, parfois en quelques minutes. Il faut donc agir très vite. En cas de suspicion d’intoxication :   * Aérez immédiatement ; * Arrêtez si possible les appareils à combustion ; * Evacuez les locaux ; * Et appelez les secours en composant le 15, le 18 ou le 112 (et le 114 pour les personnes malentendantes). |  |  | | --- | |  |  |  | | --- | | La prise en charge des personnes intoxiquées doit intervenir rapidement, dès les premiers symptômes, et peut nécessiter une hospitalisation. |  |  | | --- | |  |  |  | | --- | | **Chaque année, environ 1 300 épisodes d’intoxications au CO survenus par accident et impliquant près de 3 000 personnes sont déclarés aux autorités sanitaires.** |  |  | | --- | |  |  |  | | --- | | **Une brochure pour informer sur les réflexes qui protègent**  Le dépliant « [Les dangers du monoxyde de carbone, pour comprendre](https://eye.diffusion.social.gouv.fr/c?p=wAbNAvXDxBAa0LNX0JIE0J1E6NCF0J3QgeFwONCsCsQQ8W_QzdDf4dDRQSjQq-olB9CY0KQb0LfZf2h0dHBzOi8vd3d3LnNhbnRlcHVibGlxdWVmcmFuY2UuZnIvZGV0ZXJtaW5hbnRzLWRlLXNhbnRlL2V4cG9zaXRpb24tYS1kZXMtc3Vic3RhbmNlcy1jaGltaXF1ZXMvbW9ub3h5ZGUtZGUtY2FyYm9uZS9vdXRpbHMvI3RhYnO4NWE1ODczZWRiODViNTMwZGE4NGQyM2Y3uDYxMjNhZjQ2NWUwNjBmNDRlNDVkMGJjY8C2ZURRUl9RX0ZRUkNjazhsSTE1TjVXUbxleWUuZGlmZnVzaW9uLnNvY2lhbC5nb3V2LmZyxBR-FRc20MTQ2jfQoEPQt9CV0MnQo9C_0MwxQ9C30NXQ3g) » présente les dangers de ce gaz, les appareils et les installations susceptibles d’émettre du CO, ainsi que les bons conseils pour éviter les intoxications. Il est diffusé auprès des mairies, des services de protection maternelle et infantile (PMI), des laboratoires d’analyses médicales. |  |  | | --- | |  |  |  | | --- | |  |  |  | | --- | | **Pour en savoir plus:**  - [Ministère des Solidarités et de la Santé](https://eye.diffusion.social.gouv.fr/c?p=wAbNAvXDxBAa0LNX0JIE0J1E6NCF0J3QgeFwONCsCsQQaCdOP03gQRjQmtDQ0IE90M7QrtCpCdlvaHR0cHM6Ly9zb2xpZGFyaXRlcy1zYW50ZS5nb3V2LmZyL3NhbnRlLWV0LWVudmlyb25uZW1lbnQvYmF0aW1lbnRzL2FydGljbGUvaW50b3hpY2F0aW9ucy1hdS1tb25veHlkZS1kZS1jYXJib25luDVhNTg3M2VkYjg1YjUzMGRhODRkMjNmN7g2MTIzYWY0NjVlMDYwZjQ0ZTQ1ZDBiY2PAtmVEUVJfUV9GUVJDY2s4bEkxNU41V1G8ZXllLmRpZmZ1c2lvbi5zb2NpYWwuZ291di5mcsQUfhUXNtDE0No30KBD0LfQldDJ0KPQv9DMMUPQt9DV0N4)  - [Outils d’information de Santé Publique France](https://eye.diffusion.social.gouv.fr/c?p=wAbNAvXDxBAa0LNX0JIE0J1E6NCF0J3QgeFwONCsCsQQTGQ7Q9CbBEUx0L9TFNCcXNCJfeTZf2h0dHBzOi8vd3d3LnNhbnRlcHVibGlxdWVmcmFuY2UuZnIvZGV0ZXJtaW5hbnRzLWRlLXNhbnRlL2V4cG9zaXRpb24tYS1kZXMtc3Vic3RhbmNlcy1jaGltaXF1ZXMvbW9ub3h5ZGUtZGUtY2FyYm9uZS9vdXRpbHMvI3RhYnO4NWE1ODczZWRiODViNTMwZGE4NGQyM2Y3uDYxMjNhZjQ2NWUwNjBmNDRlNDVkMGJjY8C2ZURRUl9RX0ZRUkNjazhsSTE1TjVXUbxleWUuZGlmZnVzaW9uLnNvY2lhbC5nb3V2LmZyxBR-FRc20MTQ2jfQoEPQt9CV0MnQo9C_0MwxQ9C30NXQ3g) |  |  | | --- | |  |  |  | | --- | | **Contact presse :**  Direction générale de la Santé  Mission Information et Communication  Tél : 01 40 56 84 00  Mél : [presse-dgs@sante.gouv.fr](https://eye.diffusion.social.gouv.fr/c?p=wAbNAvXDxBAa0LNX0JIE0J1E6NCF0J3QgeFwONCsCsQQ0IvQttDKAOxZSdCq0IzhGEvyWlxMv21haWx0bzpwcmVzc2UtZGdzQHNhbnRlLmdvdXYuZnK4NWE1ODczZWRiODViNTMwZGE4NGQyM2Y3uDYxMjNhZjQ2NWUwNjBmNDRlNDVkMGJjY8C2ZURRUl9RX0ZRUkNjazhsSTE1TjVXUbxleWUuZGlmZnVzaW9uLnNvY2lhbC5nb3V2LmZyxBR-FRc20MTQ2jfQoEPQt9CV0MnQo9C_0MwxQ9C30NXQ3g)    Direction générale de la Sécurité civile et de la gestion des crises  Commandant Alexandre Jouassard  Chef du Bureau communication  Tél : 06 72 76 47 61  Mél : [dgscgc-com@interieur.gouv.fr](https://eye.diffusion.social.gouv.fr/c?p=wAbNAvXDxBAa0LNX0JIE0J1E6NCF0J3QgeFwONCsCsQQYVEn0KTQu9C0QdDZ0KfQy9DCHNDSKdDXY9kjbWFpbHRvOmRnc2NnYy1jb21AaW50ZXJpZXVyLmdvdXYuZnK4NWE1ODczZWRiODViNTMwZGE4NGQyM2Y3uDYxMjNhZjQ2NWUwNjBmNDRlNDVkMGJjY8C2ZURRUl9RX0ZRUkNjazhsSTE1TjVXUbxleWUuZGlmZnVzaW9uLnNvY2lhbC5nb3V2LmZyxBR-FRc20MTQ2jfQoEPQt9CV0MnQo9C_0MwxQ9C30NXQ3g)    Santé publique France  Tél : 01 49 33 22 42  Mél : [presse@santepubliquefrance.fr](https://eye.diffusion.social.gouv.fr/c?p=wAbNAvXDxBAa0LNX0JIE0J1E6NCF0J3QgeFwONCsCsQQ6yP60IojAEvQx9CFHhvQvtC9E-zQl9kjbWFpbHRvOmRnc2NnYy1jb21AaW50ZXJpZXVyLmdvdXYuZnK4NWE1ODczZWRiODViNTMwZGE4NGQyM2Y3uDYxMjNhZjQ2NWUwNjBmNDRlNDVkMGJjY8C2ZURRUl9RX0ZRUkNjazhsSTE1TjVXUbxleWUuZGlmZnVzaW9uLnNvY2lhbC5nb3V2LmZyxBR-FRc20MTQ2jfQoEPQt9CV0MnQo9C_0MwxQ9C30NXQ3g) | | | | |  | | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | |  | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | | |  |  |  | | --- | |  | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Si vous ne souhaitez plus recevoir nos communications, [suivez ce lien](https://eye.diffusion.social.gouv.fr/v3/r/USBSHOW/84/5a5873edb85b530da84d23f7/eDQR_Q_FQRCck8lI15N5WQ/GrNXkgSdROiFnYHhcDisCg/6123af465e060f44e45d0bcc?email=presse-dgs@sante.gouv.fr&adm=sarbacane@sg.social.gouv.fr) | | | | |  | | | |

https://eye.diffusion.social.gouv.fr/tt?q=wATNAvXDxBAa0LNX0JIE0J1E6NCF0J3QgeFwONCsCrg2MTIzYWY0NjVlMDYwZjQ0ZTQ1ZDBiY2O4NWE1ODczZWRiODViNTMwZGE4NGQyM2Y3wLZlRFFSX1FfRlFSQ2NrOGxJMTVONVdR

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Préservons l'environnement : n'imprimons que si nécessaire !