



Know what to do before, during and after a forest fire



Some of the guidelines presented in this document could be adapted to comply with the measures put in place by the Gouvernement du Québec to prevent the further spread of COVID-19.

BEFORE a forest fire

Keep important contact information



Société de protection des forêts contre le feu 1 800 463-3389

Contact the Société de protection des forêts contre le feu (SOPFEU) to report a forest fire, to obtain information on the fire danger, on the forest fire situation in Québec, on preventive measures in effect or on the issuance of burning permits. Fire-related information can also be found on the social media pages associated with the SOPFEU: on Facebook, at [SOPFEU-Page officielle](#), on Twitter, at [@SOPFEU](#), and on Instagram, at [sopfeu](#).

Urgence Québec

To access information on the current situation in each region affected by a disaster, the programs and services available, and the measures to take, consult [Urgence Québec's](#) Web page. Information on forest fire is also available on Urgence Québec's social media accounts: on Facebook, on the [Urgence Québec page](#) and on Twitter at [@urgencequebec](#).

Info-Santé 811 et Info-Social 811

Pay attention to the physical, emotional and behavioural reactions that may appear after experiencing a disaster, such as difficulty sleeping, heart palpitations, anxiety, aggressivity, loss of interest or energy, a tendency to isolate yourself from others, alcohol or other substance abuse, or aggravation of pre-existing health problems. Such reactions may appear soon after the event or several weeks or months later. Contact Info-Santé at 811 and select Info-Social to speak with a social worker. This confidential service is available 24 hours a day, 7 days a week.

Services Québec

Visit Quebec.ca/servicesquebec for information on Québec government programs and services, or for information on how to replace your lost or damaged cards, permits or certificates issued by government departments and agencies.

Québec 511

Consult quebec511.info to plan your trips and to access current warnings.

Centre antipoison du Québec

1 800 463-5060

In the event of poisoning or intoxication, contact the Centre antipoison du Québec for information. The poison control centre is an emergency telephone service available 24 hours a day, 7 days a week.



For all emergencies, call 911.

BEFORE a forest fire

Have an emergency kit



Make sure that you have an emergency kit containing everything that you and your family members—and your pets, if any—would need during the first 72 hours following a disaster.

What should be in an emergency kit?

- ✓ Potable water: six liters of water per person
- ✓ Non-perishable food: canned food, cereal bars, crackers, cookies, etc.
- ✓ Manual can-opener
- ✓ Battery-operated radio and spare batteries
- ✓ Headlamp or flashlight and candles with matches
- ✓ First-aid kit
- ✓ Cash

Add photocopies of documents that are good to have on hand (for each member of the family):

- ✓ Identity papers
- ✓ Insurance policy
- ✓ Prescriptions for medications and eyeglasses
- ✓ List of emergency contacts

Keep your emergency kit in a place that is easy to reach and make sure that every member of your family knows where it is.

If you already have an emergency kit, check its contents regularly and, if necessary, replace expired items and replenish those that have been used.



Ministère de la Sécurité publique du Québec

Québec.ca

Topic area Public safety and Emergencies

Section Comment se préparer à une situation d'urgence (available in French only)

Page Comment se préparer à la maison (available in French only) > Préparer sa trousse d'urgence pour la maison (available in French only)

BEFORE a forest fire



Protect your house and your property

To help protect your home and your surroundings, you can:

- ✓ Control vegetation around your home, your cottage or your trailer, if in a forest or in the vicinity of one, to avoid the concentration of flammable plants close to buildings.
- ✓ Delineate a fire stop (area with no trees, hay or wood) between plants and buildings.
- ✓ Store building materials, firewood and propane tanks more than 10 m away from any building.
- ✓ Clear away all vegetation within a radius of 3 m of a propane storage tank in order to reduce the risk of a fire spreading.
- ✓ Keep near your home a hose or a water supply of at least 200 liters in order to take prompt action in the event of a fire.



© photo : Pixabay



Urgence Québec
Québec.ca
Topic area Public safety and Emergencies
Section Situations d'urgence, sinistres et
risques naturels (available in French only)
Page Forest fire

**Société de protection des forêts
contre le feu**
sopfeu.qc.ca
Section Prevention
Sub-section At home

BEFORE a forest fire

Protect your house and your property (cont'd)



When working, it is recommended that you:

- ✓ Insofar as possible, during construction or renovation projects, use fire-resistant materials in your dwellings and buildings (e.g. balustrade in metal or tempered glass, fire-resistant flooring).
- ✓ Inspect your windows and doors, including the garage door, testing their seals and thereby preventing materials on fire to enter.
- ✓ Regularly clean your deck by removing debris. Do not store combustible materials beneath it (e.g. wood, propane tank).

Maintain your roof

The roofing material and siding material are the most vulnerable building components. A thorough inspection and regular maintenance are needed to reduce the risk of fire caused by direct flames, but also by firebrands, sparks and embers carried by the wind.

Be sure to:

- clean debris from the roof, around dormers, skylights and in gutters
- inspect your roof's vents and ventilators, the chimney stack, ventilation system exhaust vents and the dryer vent to check that protective screening limiting the areas through which fire can enter is in place
- replace old shingles that are curling and repair cracks and holes in the siding material
- favour the use of non-combustible materials and preventive measures during your renovations (e.g. choice of non-combustible roofing and siding materials, installation of metal gutters, with metallic leaf guards and screens, metallic products for vents and flashing)



Société d'habitation du Québec
habitation.gouv.qc.ca
1 800 463-4315

BEFORE a forest fire



Prepare yourself before taking part in activities in the forest

Before going out into the forest, be sure to do the following:

- ✓ Always respect the municipal bylaws governing outdoor fires.
- ✓ Check whether an open-fire ban, in the forest or in its vicinity, is in effect.
- ✓ Do not smoke in, or near, the forest when carrying out work or in transit, unless you are in a building or closed vehicle. If you smoke outdoors, put out your cigarette against a rock or bury it in the ground (having no humus or organic material).
- ✓ Follow weather reports and the fire danger index on the radio, television, Internet or by visiting the SOPFEU and Environment Canada web platforms.
- ✓ When camping or during a stay in a controlled harvesting zone (ZEC), consult the fire danger signs at park entrances to learn of the danger of fire.

To ensure safety when making a campfire, follow the 5 steps below:

- ① **CHOOSE** a cleared location on mineral soil, which contains no combustible material (leaves, grass or other).
- ② **START** a fire with a maximum dimension of one metre by one metre.
- ③ **MONITOR** your fire constantly and always have water handy.
- ④ **EXTINGUISH** your fire by dousing it with water and stirring the embers.
- ⑤ **CHECK** to make sure that the ashes are no longer giving off any heat.



Société de protection des forêts contre le feu
sopfeu.qc.ca
Section Prevention
Sub-section At home

Urgence Québec
Quebec.ca
Topic area Public safety and Emergencies
Section Situations d'urgence, sinistres et risques naturels (available in French only)
Page Forest fire

Ministère des Forêts, de la Faune et des Parcs
mffp.gouv.qc.ca
Section Forest
Sub-section Protection du milieu forestier (in French only)



DURING a forest fire

Protect your health from the effects of smoke

The smoke from a forest fire can travel great distances, in concentrations that can vary significantly due, in part, to the behaviour of the fire and atmospheric conditions.

Smoke is more likely to bother the following individuals:

- ✓ young children
- ✓ the elderly
- ✓ individuals with respiratory problems (asthma, bronchitis, home-assisted ventilation, restricted breathing capacity, emphysema, etc.)
- ✓ individuals with heart problems

Even if you are in good health, follow the advice below to protect yourself from the effects of the smoke:

- ✓ Listen carefully to public notices and warnings about the presence of smoke or the air quality.
- ✓ Avoid outdoor activities when the air quality index is poor.
- ✓ Close the windows and doors of your home, along with the air exchange system, when there is smoke outdoors.
- ✓ Breathe into a damp cloth when in the presence of thick smoke, and be sure to keep the cloth in front of your mouth and nose in order to avoid inhaling smoke.

To protect your pet from smoke, do not let it go outside.



If despite all precautions taken you do not feel well call Info-Santé at 811.

For any other medical emergency, call 911.



Ministère de la Santé et des Services sociaux

Québec.ca

Topic area Health

Section Advice and prevention

Page Health and environment > Air quality



DURING a forest fire

Protect your property against the risk of fire

When the spread of fire is not putting your safety and that of your loved ones in jeopardy, protect your property by following your municipality's instructions.

- ✓ Secure the perimeter of your house by moving all combustible materials and equipment (e.g. construction wood, wooden patio furniture, propane tank) far from the house.
- ✓ Remove dry branches, leaves and other vegetation and move them far from your home.
- ✓ Using fire-resistant materials, temporarily block openings that could let material on fire enter your house (e.g. range hood and ventilation vents having defective dampers, openings near doors or windows).
- ✓ Connect your garden hoses to the outside tap in case of need.
- ✓ Work in collaboration with your neighbours to maximize everyone's efforts.



Société de protection des forêts contre le feu
sopfeu.qc.ca
Section Prevention
Sub-section At home

Société d'habitation du Québec
habitation.gouv.qc.ca
1 800 463-4315

DURING a forest fire

Plan your travel



Take the following advice before you leave:

- ✓ Consult Québec 511 to check road conditions, either by calling 511 or visiting quebec511.info.
- ✓ Comply with the signs posted, particularly in the vicinity of forest roads, regardless of the means of transportation used (car, on foot, ATV, canoe, aircraft).
- ✓ Respect the safety perimeters established when there is a ban on access to and movement in the forest. Authorities can issue these bans as a preventive measure or because there is a fire burning in the area you wish to go to in the forest.
- ✓ Determine a number of escape routes, since a forest fire can restrict or block traffic.
- ✓ Keep the windows of your vehicle closed and circulate air inside the vehicle only to prevent smoke from entering the vehicle.
- ✓ Make sure that nothing is missing from your car's emergency kit and that it is in the trunk of your vehicle.
- ✓ Inform your loved ones of your trip and the route that you will take.

Transport by convoy:

Depending on the situation, a transport convoy may be organized. This type of transportation enables residents who are isolated because of a nearby fire to replenish their supplies or evacuate their home, if necessary.

In such case, follow the authorities' instructions:

- ✓ Follow the escort vehicle.
- ✓ Passing is not allowed.
- ✓ Never stop.
- ✓ Take only the route intended for this purpose.



Ministère des Transports
quebec511.info
Section Current Warnings
511



Evacuate your home

Evacuate your home if the authorities require you to do so or if you feel that your health or safety is compromised. Take your pets with you, if possible. However, do not jeopardize your safety if you are unable to find them or take them with you.

Instructions and recommendations for a safe evacuation



- ✓ Close the doors and windows of your home and lock its doors before leaving.
- ✓ If you have the time, and if possible:
 - abundantly water the ground around your house, as well as the roof.
 - Shut off the electrical supply.
 - Shut off the natural gas supply so as to ensure your own safety and the integrity of your installations. Note that your municipality's fire department can also see to it that your natural gas supply is shut off in an emergency situation.
 - If you smell an odour of gas or if natural gas equipment damage is visible, immediately leave your home and contact the emergency service of your natural gas distributor, Énergir or Gazifère.
- ✓ If you leave your home of your own volition for safety reasons, inform your municipality by indicating the time of your departure and the location of your temporary housing, for example, with family members, neighbours or friends.
- ✓ If you go to a temporary housing centre set up by the authorities, where services will be offered to you, register with the staff on-site. The housing centre may not accept pets. Make other arrangements for them (e.g. a shelter, kennel or at a family member's home).

- ✓ As a last resort, if you leave your home without taking your pets, leave a note on the main door to notify first responders.

Tell your family members of your situation, preferably by text messages, email or messages in the social media to avoid overburdening telephone lines.

If you must miss work, **notify your employer** within a reasonable time and work out together the necessary arrangements.

Notify your service providers (e.g. Hydro-Québec, telecommunication services, gas company, housekeeping services, etc.) of your situation and work out with them the necessary arrangements. A list of your service providers, their contact information and your account information should be part of your emergency kit.

When evacuating, respect the signage in place and, where applicable, the safety perimeters established by the authorities.

Remember that designated, competent authorities actively monitor evacuated areas in order to ensure that the sites remain secure.



Evacuate your home (cont'd)

If you have the time, and without putting yourself in danger, take the following essential items for each member of your family:

- Medications
- Personal hygiene items
- A change of clothes
- Blankets
- Money
- Your identity papers and those of the members of your family
- Your house and car keys
- Milk, baby bottles and diapers for infants
- Electronic devices and adapters/charging devices
- Items needed for the well-being of individuals with special needs
- Items that your service dog or pet needs



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Ministère de la Sécurité publique du Québec
Québec.ca

Topic area Public safety and Emergencies

Section Comment se préparer à une situation d'urgence (available in French only)

Page Comment se préparer à la maison (available in French only)



Return home

You may return home if the return has been authorized and your safety is not in jeopardy.



- ✓ Return home during the day, when it is easier to see problems and hazards.
- ✓ Record details of any damage to your home by taking photos or videos.
- ✓ Notify your insurer, to have the damage recorded.
- ✓ Call the financial institution that granted you a mortgage loan, to declare the damage.
- ✓ Secure the premises and check whether extensive work will need to be carried out before you can return home. Walk around your house to identify any issues (e.g. electrical lines on the ground, smell of gas, large pieces of debris, hot spots that could ignite) and exercise caution when entering your home.
- ✓ Identify signs that could indicate structural issues as a result of water damage (e.g. weakened roof section, damaged framing, buckled wall, cracks in the ceilings, weakened floors, doors that no longer close). Call on a building expert if you have any doubts about the condition of your home in order to ensure the safety of its occupants and that of your entourage and preserve the longevity of your home.
- ✓ Barricade the windows, lock the doors and cover damaged areas to keep away looters and curious bystanders, and to shield the building from bad weather.
- ✓ Choose recognized specialized firms for evaluation, cleaning or disinfection services, or repair work following a disaster.
- ✓ Keep the receipts of all your cleaning-related expenses.
- ✓ Notify your service providers that you have returned to your home and arrange to have services re-established in compliance with the standards in effect.



Urgence Québec
urgencequebec.gouv.qc.ca
Section Responsibilities of citizens
Sub-section Reintegration

AFTER a forest fire



Sort your food

Hermetically packaged non-perishable food (e.g. canned food, cookies, cereals, pasta) can be consumed; however, it is important to thoroughly clean the containers before opening them.

Non-perishable foods that are not hermetically packaged (e.g. flour, salt, sugar) should not be consumed. **As well, all food that smells of smoke, including animal food, should be discarded.**

Refrigerator

Following a power outage lasting for more than **6 hours**, carefully sort the food in your refrigerator and freezer to avoid food poisoning.

Only the following refrigerated foods can be consumed, provided they show no signs of deterioration:

- ✓ Whole fresh fruits and vegetables, pasteurized fruit juices
- ✓ Blocks of firm cheese (such as cheddar, Swiss, mozzarella), parmesan, cheese slices, processed cheese, butter, margarine
- ✓ Jams, jellies, marmalades, sweet spreads
- ✓ Mustard, ketchup, salad dressings, BBQ sauces, taco sauces, olives, pickles

Don't hesitate to discard these foods if their appearance is abnormal. Discard all other food, even if it appears normal to you.



Medications

Don't take medications left in your refrigerator. Take them back to your pharmacy.

AFTER a forest fire



Sort your food (cont'd)

Freezer

Partially thawed food with frost on the packaging can be refrozen if it is still hard in the center.

Raw food that has thawed but remained at a temperature of 4°C or less can be cooked immediately and either eaten right away or refrozen after cooking.

Food that has thawed completely—including blocks of firm cheese, baked goods (such as bread, unfrosted cakes, fruit pies and cookies), pasteurized fruit juices and fruit—can be refrozen if the containers are intact.

Finally, perishable food that has thawed completely must be thrown out if it has been exposed to temperatures above 4°C. Perishable food includes meat, poultry, fish and seafood, dairy products, eggs and prepared dishes containing eggs whether raw or cooked.



© photo : Pixabay

NOTE that food in a well-functioning freezer will usually keep for approximately:

- **48 hours** if the freezer is full
- **24 hours** if the freezer is half-full



AFTER a forest fire

Sort your food (cont'd)

Vegetable garden

Should there be dust or soot particles on your fruit and vegetables grown above ground, such as strawberries or lettuce, follow these recommendations when you harvest them:

- ✓ Carry out a visual inspection of the crops while harvesting them. Discard any plants, fruits and vegetables that appear to have deteriorated or smell of smoke.
- ✓ Clean and rinse harvested plants, fruits and vegetables with drinking water.

- ✓ Wipe or scrub food surfaces, where necessary.
- ✓ Peel all foods having a peel.
- ✓ Remove the outer leaves of lettuce.

Vegetables that grow in the ground are not likely to be contaminated and need only to be carefully washed before being eaten.



**Ministère de l'Agriculture,
des Pêcheries et de l'Alimentation**
mapaq.gouv.qc.ca

Section Consommation des aliments (available in French only)
Sub-section Panne d'électricité (available in French only)
1 800 463-5023

Urgence Québec

urgencequebec.gouv.qc.ca

Section Responsibilities of citizens

Sub-section Clean your home and your yard

AFTER a forest fire



Check the quality of your well water and the condition of your well

The main ways that a forest fire can affect water quality are:

- ✓ Change in periods of snow melt and water quantity that help to recharge ground water
- ✓ Change in the water's microbiological, physical and chemical quality as a result of the foam used to control the spread of the fire and the presence of ash, fire debris and sediments due to soil erosion
- ✓ Change in the water's aesthetic properties, such as taste, colour and odour
- ✓ Deterioration in the condition of the well

Check the condition of your well

In the wake of a forest fire, visually inspect your well by checking the following:

- ✓ The facility must be equipped with a secure cover, weather resistant and resistant to contaminants, vermin-proof and, if the facility could become immersed, resistant to water infiltration.
- ✓ The ground surface within one metre around the facility must be finished and graded to prevent standing water and to keep water from running toward the facility.
- ✓ The facility must be identifiable as a well.

If your well can no longer be used following a forest fire, it is important to obstruct it, to avoid creating a vector of contamination toward the groundwater table.

Is your well water safe to drink?

If the water in your home comes from a distribution network, it is potable, that is, suitable for consumption, unless the municipal authorities in charge advise you otherwise. You can thus drink or use it for meal preparation or to brush your teeth, for example.

If you have any concerns about the colour, odour or taste of your water, contact the authorities responsible for the network before consuming it.

If the water in your home comes from an individual well, it should be considered non-potable, that is, unfit for consumption, even if it appears clear and odourless. Until you know whether the well water meets the standards, bring it to a rolling boil for one minute before drinking it or use bottled water. Boiled or bottled water can be used for drinking, preparing food, drinks and ice, as well as preparing baby bottles.

AFTER a forest fire



Check the quality of your well water and the condition of your well (cont'd)

Following a forest fire, surface or poorly developed wells are more susceptible than drilled wells to contamination. A surface well is a water withdrawal facility with a diameter generally greater than 60 cm and a depth of not more than 9 metres from the ground surface. A drilled well is a water withdrawal facility that generally has a small diameter (15.2 cm) and is very deep (an average depth of 45 m in Québec) and is constructed by a well-drilling firm.

Checking the quality of drinking water

All analyses must be carried out by a laboratory accredited by the Ministère de l'Environnement et de la Lutte contre les changements climatiques. The results will determine whether your well water meets the standards of the Regulation respecting the quality of drinking water for the microbiological and physical and chemical parameters. The analyses need to show the absence of contamination, at which point the well water will again be considered drinkable. To find the accredited laboratory nearest you, visit the website of the Centre d'expertise en analyse environnementale du Québec at ceaeq.gouv.qc.ca.

Physical and chemical parameters

The use of fire-fighting foam near your well could affect water quality. In fact, this foam may contain certain compounds (for example, perfluorinated compounds) and result in increased nitrate and nitrite levels. As well, the presence of ash can augment the concentrations of certain metals (like iron and manganese) and be associated with the presence of contaminants such as polycyclic aromatic hydrocarbons.

If you suspect contamination by physical and chemical parameters, do not drink the well water. Boiling the water is not advisable, because doing so would only increase the concentrations in it. Bottled water only is recommended in these circumstances.



AFTER a forest fire



Check the quality of your well water and the condition of your well (cont'd)

Microbiological parameters

Following a forest fire, deterioration of the well or debris near it can lead to microbiological contamination of the water. Until you know whether the water meets the microbiological standards, bring the water to a rolling boil for a minute before consuming it, or use bottled water.

Should microbiological contamination be detected in your well water, disinfect your well as follows:

- ✓ Use a landing net to remove foreign objects and deposits.
- ✓ Pour bleach into the well, being sure to mix it thoroughly with the well water. You can also hook up a garden hose and use it to ensure complete mixing. The amount of bleach required depends on the type of well, its diameter, depth and the thickness of the water column. Consult the tables of the Ministère de l'Environnement et de la Lutte contre les changements climatiques for the quantity required for disinfection, at environnement.gouv.qc.ca/eau/potable/depliant.

- ✓ Where possible, wash and brush down the wall of the well.
- ✓ Turn on all the taps inside your home. When you detect the smell of bleach at each tap, turn the taps off and wait 24 hours before turning them back on.
- ✓ After 24 hours, turn the taps on and let the water run until the smell of bleach disappears.
- ✓ Test the water again 1 week and 4 weeks after disinfection of your well to determine whether the water meets the quality standards.



Ministère de l'Environnement et de la Lutte contre les changements climatiques
Québec.ca

Topic area Environment and natural resources
Section Drinking water
1 800 561-1616

Centre d'expertise en analyse environnementale du Québec
ceaeq.gouv.qc.ca

Section Quick access > Analyse de l'eau d'un puits (available in French only)



Clean your home

A number of actions need to be taken to effectively and safely clean your home after significant smoke damage:

- ✓ To eliminate odours, ventilate rooms adequately for a number of hours by opening windows and setting up portable fans to help “push” odours outside.
- ✓ While wearing gloves, remove dust and soot with soap and water.
- ✓ Do not use a broom or a vacuum because they tend to displace dust, rather than remove it.
- ✓ Thoroughly clean children’s toys and items that you use often.
- ✓ Wash all clothing that smells of smoke.
- ✓ Dispose of soaking wet materials that were used to extinguish the fire (such as plasterboard and glass wool insulation) and check that the wood’s moisture content is below 15%. Ventilate the space, paying particular attention to the risk of mould development.
- ✓ If necessary, clean the ventilation systems and their components. Replace filters, as needed, and turn ventilation systems back on.
- ✓ Consult a garment and textile cleaning specialist to arrange for the cleaning of dirty or smoke-damaged fabric items (e.g. sofas and mattresses) or toys and stuffed animals.

Avoid any risk of poisoning due to carbon monoxide

(a colourless, odourless, tasteless gas that can be fatal):



- ✓ Never use equipment such as pumps or generators powered by gas, gasoline, etc., inside buildings or near doors or windows.
- ✓ Never obstruct an appliance’s air intake or exhaust system.
- ✓ During clean-up, check air quality regularly using a carbon monoxide detector designed for industrial use, or wear a personal detector with an audio or visual alarm.
- ✓ If your carbon monoxide detector goes off, or if you or someone else in your household is experiencing symptoms such as headache, nausea, fatigue, vomiting, dizziness or weakness, get out immediately and dial **911** for assistance. Leave the door open to ventilate the premises thoroughly.



If in doubt, call Info-Santé at 811.

In the event of a serious problem or urgent need, call 911 or go to your hospital emergency.



Avoid any risks due to stored chemicals:

- ✓ Follow the instructions on the manufacturer's label or safety data sheets. This information is usually available on the manufacturer's website. You can also consult the data sheets in the Répertoire toxicologique (toxicological directory) of the Commission des normes, de l'équité, de la santé et de la sécurité au travail (CNESST): <https://www.csst.qc.ca/prevention/reptox/Pages/repertoire-toxicologique.aspx>
 - ✓ Don't mix incompatible cleaning products together, as this can generate irritating and toxic fumes.
 - ✓ Air out rooms that have been contaminated by fumes from spilled chemicals. If a chemical presents a fire hazard, don't use electrical devices.
 - ✓ Wear the necessary protection equipment in accordance with safety guidelines.
 - ✓ Don't attempt to move unlabeled or broken containers of chemicals or damaged propane cylinders without first consulting your local fire department or your municipality.
 - ✓ Don't smoke, eat or drink when near spilled chemicals.
- ✓ Contact your municipality for information on how to dispose of chemical waste. Ensure adequate ventilation during storage.
 - ✓ Check your oil, heating oil or gasoline, tanks, etc. Plug any leaks and contact the Urgence-Environnement service of the Ministère de l'Environnement et de la Lutte contre les changements climatiques at **1 866 694-5454**.
 - ✓ In the event of a chemical spill, contact a specialized firm for assistance and notify your insurer.



Urgence Québec
urgencequebec.gouv.qc.ca
Section Responsibilities of citizens
Sub-section Clean your home and your yard

Ministère de la Santé et des Services sociaux
Québec.ca
Topic area Health
Section Advice and prevention
Page Health and environment > Air quality



Clean your home (cont'd)

Avoid the risk of mould developing due to water damage from firefighting efforts.

- ✓ Clean and try to ensure that any water damage is completely dry within 24 to 48 hours.
- ✓ Adequately ventilate your house.
- ✓ Dispose of porous materials severely damaged by water, such as:
 - sheets of plasterboard
 - rugs
 - cardboard tiles
 - insulation materials
 - mattresses, furniture upholstered or covered with fabric
 - etc.
- ✓ If you find mould, clean the affected areas immediately with a clean cloth and all-purpose cleaner. The use of bleach is not recommended. Thoroughly dry the surface.
- ✓ To avoid unnecessary exposure to mould spores, wear protective glasses, rubber gloves and a dust mask.

Avoid pushing, pulling or lifting a load that is too heavy or too bulky for you to handle. If you do, you could strain yourself and experience muscle problems in your back, shoulders or knees.

- ✓ Avoid carrying objects that are too heavy; avoid straining.
- ✓ Minimize the weight of each load you carry.
- ✓ Use the proper equipment for carrying and handling loads.
- ✓ Make it a team effort so they everyone does their share.
- ✓ Make each load as compact as possible so that you can get an easy grip on it and hug it close to your body.
- ✓ Minimize the walking distance you have to travel while carrying loads.

Immediately clean any injury—even a minor one—with clean water and soap, then dress the wound with a sterile bandage.

- ✓ For wounds that are deep or soiled, see a doctor as soon as possible.
- ✓ Make sure your tetanus vaccination is up to date.



Commission des normes, de l'équité,
de la santé et de la sécurité du travail
cnesst.gouv.qc.ca
1 844 838-0808

Urgence Québec
urgencequebec.gouv.qc.ca
Section Responsibilities of citizens
Sub-section Clean your home and your yard

AFTER a forest fire

Clean your yard



Precautions when cleaning your yard

- ✓ Never touch downed power lines or electrical installations. If you see a downed power line, call 911.
- ✓ If you see a downed telecommunications line or cable, contact the service provider. You can usually find an orange label with the provider's contact information on or near telecommunications devices. Never touch lines or devices that are on the ground.
- ✓ Carefully remove all debris from your yard.
- ✓ Properly manage your waste materials.

Dispose of an animal carcass as follows:

- ✓ Use a shovel or disposable plastic gloves to lift the carcass.
- ✓ Place the carcass in a sturdy plastic bag. Close the bag securely, place it in a second plastic bag and close the second bag.
- ✓ Put the bag in a trash can where it will be disposed of during regular waste collection.
- ✓ Clean the items you used to handle the carcass and wash your hands with soap and hot water.
- ✓ Contact your municipality if you find the remains of an animal too big to be disposed of in a plastic bag.



Never touch lines or devices that are on the ground.



Urgence Québec
urgencequebec.gouv.qc.ca
Section Responsibilities of citizens
Sub-section Clean your home and your yard



AFTER a forest fire

Clean your yard (cont'd)

Recommendations for addressing the risks associated with felling trees

- ✓ Use equipment in good working order, designed for the job, and follow the manufacturers' recommendations.
- ✓ Be sure all safety features are in good working order.
- ✓ Wear personal protective equipment meeting the standards in effect: chainsaw safety chaps, safety boots for the use of a chainsaw, safety glasses and safety helmet.
- ✓ If felling the tree proves to be too complex, for example, owing to the presence of a structure (swimming pool, shed), call on a specialized enterprise.
- ✓ Never attempt to fell a tree that comes, or could come, within 3 metres of a live power line. Call on an enterprise accredited by the electrical grid operating entity. If in doubt, contact Hydro-Québec.
- ✓ Use proper work methods and adopt proper work postures.



Contact your municipality for information on the by-laws in effect before you begin any work to cut down trees.



Hydro-Québec
hydroquebec.com
Section Safety Advice
Heading Staying safe near distribution lines
> I want to know how to prevent electricity-related accidents
1 888 385-7252

**Commission des normes, de l'équité,
de la santé et de la sécurité du travail**
cnesst.gouv.qc.ca
1 844 838-0808



AFTER a forest fire

Properly manage your waste materials

Remove and dispose of any waste and garbage in accordance with established standards.

Contact your municipality, or your MRC, if you have questions about the management of your waste materials.

Non-hazardous wastes

- ✓ Non-salvageable food should be disposed of in the usual manner. Compost it if you can.
- ✓ Demolition waste that is salvageable (wood, metal, aggregates) should be taken to a sorting centre or an ecocentre.
- ✓ Electronic equipment that is not re-usable should be taken to a drop-off site.

Contact your municipality (or your MRC) to find out how to dispose of the following types of waste:

- ✓ Demolition waste that has been in contact with water and is not salvageable (porous materials, carpeting, insulating materials, gypsum plasterboard, etc.)
- ✓ Debris scattered around your yard, whether or not it is recyclable
- ✓ Furniture and household articles that have been in contact with water and are not salvageable (mattresses, clothing, furniture, plush toys, cutting boards, etc.)

- ✓ Large household appliances that are not re-usable (kitchen range, freezer, washer, dryer, refrigerator, etc.)

Hazardous wastes

Medications that are expired or have been contaminated with smoke or soot should be returned to a pharmacy.

Certain hazardous household waste products (gasoline, fuel oil, household pesticides, aerosols, solvents, etc.) may be taken to your local ecocentre. Other such waste products (batteries, mercury lamps, paint and paint containers, oils, electronic equipment, etc.) may be taken to a drop-off site.



**Ministère de l'Environnement
et de la Lutte contre les changements climatiques**
environnement.gouv.qc.ca
Section Residual Materials
1 800 561-1616

Recyc-Québec
recyc-quebec.gouv.qc.ca
Section Citoyens (available in French only)
Rubrique Mieux récupérer (available in French only)