



# May 2022

## AFTERWORDS

Newsletter of Active Retired



In this May edition of your Chapter 11 newsletter, the Ontario election steamroller is moving into position. You will find charts and articles that urge you to volunteer for candidates, to attend rallies, and to use your many skills to keep public services in Ontario PUBLIC:

*AfterWords* is the official publication of the Active Retired Members of OSSTF, Chapter 11 Thames Valley (ARM C11). Opinions expressed are those of the author and do not necessarily reflect the policies of ARM C11 or OSSTF.

- Although our area is not sending a bus, you can still join the rally on May 1st in front of Queen's Park!
- SO many people don't understand the dangers in private LTC. Here's a fact sheet to use for evidence in convincing them.
- This Guelph-area doctor uses Facebook to reveal the Ford government's impact on health care practitioners.
- Our OSSTF has made its platform clear for 2022!
- How the OSSTF endorses candidates – as well as an introduction to those running in our chapter 11 ridings.
- Trouble working through your anxiety? - Nick Wignall is a therapist who really helps.
- Helpful words from our OTIP friends.

The Rally Banner for May 1st  
Demonstration in front to Queen's Park

# Doug Ford: Stop Privatizing Our Long-Term Care

4,500 Ontario LTC residents died  
1,000s more suffered terrible neglect  
Their lives matter

Stop the Suffering, Care Can't Wait

[www.ontariohealthcoalition.ca](http://www.ontariohealthcoalition.ca)



Action to Save our Seniors from for profit long term care. Although the Coalition has no buses arranged, those able to attend are encouraged to support the victims of for- profit long-term care.

- A note from Peter Bergmanis to us all ...

## Ontario Health Coalition

**Join Us!** 1:15 PM May 1 @ 85 Grenville St (In front of Ontario Nurses Association's Head Office)

**Send a strong message to Doug Ford to stop health care privatization and improve public health care services.**

### Health Care March to Queen's Park for May Day

The Doug Ford government has made plans to privatize everything from hospital care to long-term care, home care, vaccines, diagnostic testing, health care planning and more. He is even letting for-profit COVID testing clinics charge patients more than \$200 per test, in violation of the Canada Health Act which prohibits charging patients for medically needed services. Despite pretending to improve care and accountability, Ford has actually refused to hold for-profit long-term care corporations accountable for the thousands of their residents that died while they took tens of millions of dollars in profits each month of the pandemic. He is actually rewarding them with expansions, new 30-year licenses and billions more in taxpayers' money, if we don't stop him.







# Ontario Health Coalition

## Fact Sheet: Home Care Privatization

March 8, 2022

### The privatization of home care in Ontario

Home care provides individuals with complex medical conditions care in the comfort of their homes and enables the frail elderly to live at home as long as possible. Under the jurisdiction of the Ministry of Health (MOH), home care services may be government-funded but are accessible to eligible clients only. People who do not qualify for publicly funded home care have to pay out-of-pocket for home care or go without. Privatization of who pays for home care means the change from when care is covered publicly through our tax dollars and is provided without charge when people need it, to a system where care has to be bought and paid for by people individually when they are sick, disabled or elderly.

This is linked to the privatization of who provides home care – that is whether it is a publicly owned/provided by a non-profit agency, or whether it is provided by a for-profit company. The two issues are related because for-profits take money out of our public health care dollars for their own profit and they also charge people extra fees wherever possible to increase their profits.

In 1996, Ontario's former Conservative Premier Mike Harris began the systematic privatization of home care. They brought in for-profit companies to bid for services against the non-profit Victorian Order of Nurses (VON), the VHA, Red Cross, and others. Over the years, for-profit organizations continuously took over more and more of the services. These include home visits by nurses and PSWs, and rehabilitation services. The consequences of privatization have been devastating. They include:

- Severe staffing shortages
- High staff turnover
- Frequent changes to home care clients' nurses and personal support workers – poor continuity of care
- Less time for home care visits, strict rationing
- Millions of public dollars siphoned off for profits and duplicate administration

Now, the Ford government is planning to expand the privatization of home care. They brought in a new law in the summer of 2020 that guts the former home care legislation including vital protections for patients, and sets up the privatization of the last remaining publicly controlled parts of home care. This will result in the end of public oversight and privatization of the final remaining public parts of home care if we do not stop it.

### Profits are taken from public funds that should go to improve staffing & care

Staff working in for-profit home care organizations have a high turnover rate with poorer working conditions and wages. In 2015, Ontario's Auditor General reported that 62% of the \$2.4 billion public funding for CCAC is given to private home care companies. The following chart describes what private home care companies are charging the public purse for each hour of nursing care and personal support workers (PSWs) compared to how much the front-line staff are actually paid:

Ontario Auditor General's Report 2015		
Private for-profit home care staff	How much private home care companies are paid by public funds per hour	How much private home care companies are actually paying front-line staff
Nurse	\$58.20 - \$70.60	About \$30 per hour
PSW	\$29.50 - \$48.98	About \$15 per hour

This gives a sense of how much money is siphoned away from care for profit and administration by the for-profit home care corporations.

### The Ford government's new law paves the way to privatize the last remaining public parts of home care

Bill 175, the Ford government's new home care privatization law, affects more than 730, 000 Ontarians who use home care services and it:

- Benefits private interests to profit off of home care services and increase their "market share" (i.e. how much of our public funding for home care they get).
- Allows many private organizations to take over public home care services without governance, without any public accountability structure and without public interest protections.
- Removes the Bill of Rights for home care clients – which includes respect, refusal, and consent, raising concerns without fear of reprisal, and other home care rights. In the new law, this has been revoked and will not be in legislation but rather is supposed to be put into regulations which are easier to change.
- Contains no provisions to improve access to care, equity, quality of care and staffing shortages.

[www.ontariohealthcoalition.ca](http://www.ontariohealthcoalition.ca)



This is the College of Physicians and Surgeons of Ontario's most recent publication for Ontario Doctors. Make no mistake. Your healthcare system is disintegrating. Every party running in the up - coming election should make this a top priority. The provincial government gave each of us a \$400 rebate for licence plate sticker renewals. An election ploy. Don't fall for it. So many people need that kind of money but when you head to the local Emergency room with a possible life-threatening condition and you find it closed, I bet we'd all choose to have our lives saved over a \$400 rebate.

I have never seen our healthcare system in such a terrible state and it will get worse. Much worse. Physicians received a 1% raise this year. That's an insult. Inflation will raise my overhead costs by 6% and how do I make sure my staff is making enough to survive when I have nothing to pass on to them? What will happen when so many doctors retire early in the coming months because it costs too much financially and emotionally to stay in their practises? How will we run our offices, our hospitals without skilled nurses and doctors? People will die needlessly. People will not have timely access to preventative measures, screening tests, diagnostics and urgent surgeries. That means our life expectancy will drop. Keep your rebate. Focus on a system in crisis. Healthcare and Education are precious resources that need to be preserved and maintained. Without both, we become a failed 'state'. Scream that to the mountain tops and to every MPP in the province.

Anne-Marie

[Anne-Marie Zajdlik](#)



## ARM Chapter 11

## Executive 2021-22

President: Mary Lou Cunningham

Vice President and Newsletter Editor: Daina Janitis

Secretary/Treasurer: Kae Ackland

PAC Representative: Bryan Smith

Facebook Administrator: Wendy Anes Hirschegger

Member-at-Large: Joe Wilson





# STRENGTHEN PUBLIC EDUCATION REBUILD ONTARIO



WHAT WE WANT	HOW IT WILL REBUILD ONTARIO	WHAT IT LOOKS LIKE
INCREASING STUDENT-CENTRED SUPPORTS AND SERVICES	 <b>TRAUMA RECOVERY</b>	Creating safer school buildings and campuses, promoting student and worker mental health, and promoting healthy communities.
CENTRING SCHOOLS AS PART OF OUR COMMUNITIES	 <b>STRONG COMMUNITIES</b>	A robust publicly-funded education system is dependent on investments in communities and public services. Strong public services fuel economic growth.
IMPROVING LEARNING CONDITIONS FOR ALL	 <b>STUDENT SUCCESS</b>	In-person learning, no hybrid, no mandatory e-learning, access to programming, small class sizes.
ADDRESSING SYSTEMIC INEQUITIES	 <b>EQUITY</b>	Confronting and dismantling anti-Black racism, racism, anti-Indigenous practices, social and geographical inequities.
PROVIDING SAFE, HEALTHY LEARNING AND WORKING CONDITIONS	 <b>SAFETY AND JOBS</b>	Strengthened mental, physical, and social health protections, including COVID-19 and fixing repair backlog.



## OSSTF unveil London, Ont. Area endorsements ahead of provincial election

Yes, that was the headline for Andrew Graham's rent article about the four OSSTF-endorsed Ontario NDP candidates and one Ontario Liberal candidate running in the upcoming provincial election.

How does the OSSTF, representing 60,000 education workers, do it? President Karen Littlewood explained to Global News, "We didn't say 'we're just going to support one party. In interviews, Littlewood said, "We're going to support candidates who support public education—and that's why WE made the decision that we did"

The platform— provided in chart form on the previous page, was unveiled last year. It looks to "rebuild Ontario" through strengthening public education.

Littlewood explained what the OSSTF thinks about the "hybrid" learning system used in the province: "you have a teacher in the classroom with a laptop and some kids at home and some kids in the class, and nobody gets what they need through that. It's been a cheap alternative"

### Candidates Endorsed in the ARM Chapter 11 Area

#### London North Centre - Terence Kernaghan

Terence Kernaghan is the Member of Provincial Parliament for London North Centre. He is passionate about social justice, health care, housing, and education. Before politics he was an elementary school teacher-librarian, focusing on critical literacy, digital citizenship, media literacy, and social justice. As MPP, Terence represents his community's needs and interests at Queen's Park.

#105 - 400 York St. (facing Colborne)  
London, ON N6B 3N2

Phone: 519-432-7339  
Fax: 519-432-0613  
Email: [TKernaghan-CO@ndp.on.ca](mailto:TKernaghan-CO@ndp.on.ca)



#### London West—Peggy Sattler

Peggy Sattler was first elected as the Member of Provincial Parliament for London West in 2013, and re-elected in 2014 and 2018. She is currently the Opposition House Leader, and Critic for Labour and Democratic Reform.

Prior to her election, Peggy served as a Trustee on the Thames Valley District School Board for 13 years, including two terms as board chair.

101-240 Commissioners Road W  
London, ON N6J 1Y1 Phone: 519-657-3120 Fax: 519-657-0368  
Email: [psattler-co@ndp.on.ca](mailto:psattler-co@ndp.on.ca)



### London-Fanshawe-Teresa Armstrong

Teresa has been actively involved in her community for many years. She was instrumental in the inception of the Argyle Resource Centre and served as one of its first chairpersons. She is also a past president of East London Lioness Club, a past board member of LUSO Centre, a volunteer with East London Optimist Club, a member of Argyle Community Association and she is a previous co-chair of the Argyle Indoor Pool Committee.

155 Clarke Road  
London, ON N5W 5C9

Phone: 519-668-1104  
Fax: 519-668-1941  
Email: [tarmstrong-CO@ndp.on.ca](mailto:tarmstrong-CO@ndp.on.ca)



### Oxford—Lindsay Wilson

Lindsay was born and raised in Oxford County and has deep roots in the community. She has spent her career working to build up the local economy, bring in good jobs and empower women entrepreneurs. Lindsay is a local leader, and chairs a regional non-profit community economic development committee. She is passionate about making sure the economy works for everyone and that rural voices are heard.

Lindsay is also the co-founder of a local municipal campaign school that encourages women to run and win a municipal campaign.

[lindsay.wilson@ontariondp.ca](mailto:lindsay.wilson@ontariondp.ca)



### Elgin-Middlesex -London—Heather Jackson

This massive riding advocate, advocate Heather Wilson as their Ontario Liberal Party (OLP) candidate for the next provincial election. "Heather has a tremendous record serving the residents of Elgin—Middlesex—London for decades," said OLP Leader, Steven Del Duca. "Heather is ready to provide the strong and steady local leadership needed in Elgin—Middlesex—London and across Ontario." Jackson began volunteering in her community at a very young age. Her mission to serve her community led her to become a City Councilor at the age of 27, and she was elected as Mayor of St. Thomas seven years later, serving two terms. She has also served as the Associate Director of Development at the United Way Elgin Middlesex where she championed programs such as Tampon Tuesday and Sleepless In The City, raising funds in support of the most vulnerable. "I believe in ensuring that Elgin—Middlesex—London maintains its enviable quality of life and provides a home for businesses of all sizes to grow, prosper and create jobs," said Jackson. "I will work to ensure safe, affordable housing is available to everyone, and I will fight to maintain rural schools and to protect and preserve our productive farmland."



ARM member Rod Heikkila advises our members that they can volunteer to aid Heather's campaign by telephone or e-mail to her campaign manager:

519-878-0397 or [don.nicholson2018@gmail.com](mailto:don.nicholson2018@gmail.com)



Too much anxiety created by all of these concerns—public health, public education— as June 2nd approaches? I'd like to introduce Nick Wignall to you— a psychotherapist whose articles are included in my *Medium* subscription.

Nick is a clinical psychologist, teacher, writer, and podcaster in Albuquerque.

As a person almost incapacitated by anxiety during the teaching years— and into retirement—I have found Nick's practical, approach sound and effective. So I wrote to him, asking as a "rabid Canadian fan" whether I could share some of his work with ARM colleagues.

Nick's reply?

Rabid Canadian fans are my favorite! (but don't tell the rabid Aussies...)

Thank you for the kind words :) And you are more than welcome to share the articles. Certainly no cost! And as long as you credit me I'm fine with it.

—Nick



## How to Stay Productive (Even When You Feel Like Garbage)

[Post date August 31, 2020](#)

I'm certainly not the world's most productive guy. But even though I do my fair share of procrastinating with mindless Twitter scrolling or the occasional Netflix binge, I have one productivity secret that's paid off big time: I'm deadly consistent. In 3 years of blogging, for example, I've never once missed publishing an article for my weekly newsletter. Every single Monday morning—rain or shine, sickness or health, Christmas or summer vacation—I always publish something. And the secret to this level of consistency?

### **Doing the work doesn't depend on how I feel.**

Of course, I try to choose work that's intrinsically motivating and enjoyable. And I always try to take full advantage of those times when I am feeling highly motivated or inspired. But we all feel like garbage sometimes. And staying productive means having a plan for working well even when you're not feeling your best. Here are 4 principles I've cultivated over the years that help me stay consistently productive regardless of how I happen to feel.



## 1. Optimize for energy.

Optimizing for energy means prioritizing tasks according to how much energy they will give you. Here's an example from my own work as a writer:

- **I typically prioritize my work by importance of the task.** Often, the most important thing I can do is to write a draft of a new article. Everything in my work hinges on producing high-quality, engaging articles each week, so it's usually top of my to-do list.
- Usually, this works fine. Because even though drafting new articles is quite cognitively demanding, it's also intrinsically motivating—I generally enjoy writing. So most days, the enjoyment of writing outcompetes the pain of doing something difficult.
- But some days I sit down at the desk and I'm already in an energy deficit. Maybe my 1-year-old daughter was up all night sick and I didn't get much sleep. Maybe I'm worried and stressed about a big presentation or interview I have coming up. In any case, **no matter how much I enjoy my work, sometimes I show up to write and I'm just not feeling it.**
- One option is to "push through" or "grind it out." Occasionally this works. But more often than not, it leads to low quality work that I then have to go back to and spend even more time and energy revising—or sometimes just throwing out completely.

The better alternative is to re-prioritize my to-do list from the start. Specifically, **I re-rank tasks not according to how important they are, but instead, according to how energizing they are.** For example, even though calling up a friend to chat about our respective businesses isn't super "important," it's often very energizing. This means that after the call, even though I spent an hour not writing, the energy I got from the call will frequently make up for it and then some. Deep down most people believe that they need motivation in order to take action—that feeling good is like fuel that powers meaningful work.

While this is partly true, it misses a crucial fact about the relationship between feeling and action: It's a two-way street.

**Taking action leads to feeling good just as often as feeling good leads to taking action.**

You can harness this effect by "flipping" your to-do list to prioritize energy over importance. And even though this can feel like a waste in the short term—doing less important tasks when there are big ones that need to get done—long-term, you're more likely to get the big ones done if you have energy.

**Instead of waiting around for motivation to strike, optimizing for energy shows you that you can create it.**

And once you really learn this, everything changes.

## 2. Be compassionate with the garbage.

It's okay to feel like garbage sometimes. We all do.

What separates consistently productive people from the rest is that they don't get emotionally overwhelmed by feeling like garbage.

For example, when I feel bad and unmotivated to work, the following thoughts often cross my mind:

- *Maybe you're just not cut out for this...*
- *Why can't you just suck it up and get through this?*
- *If you were more disciplined, this wouldn't be an issue...*

And along with these rather nasty bits of [negative self-talk](#), some little bits of painful emotion show up as well;

- *Maybe you're just not cut out for this...* leads to fear.
- *Why can't you just suck it up and get through this?* leads to shame.
- *If you were more disciplined, this wouldn't be an issue...* leads to anger.

Still, all of this is pretty normal. It's normal to feel unmotivated sometimes. And when you do, it's normal to have some annoying or discouraging thoughts and emotions cross your mind.

**But it's how you respond to feeling bad that matters most.**

Many people get stuck in their negative thoughts and emotions because they're too hard on themselves and [self-critical](#):

- They really believe that because they feel bad that means they're lazy.
- They really believe that because they procrastinated they're undisciplined.
- They really believe that if they feel unmotivated then they won't be able to do good work.

**My secret weapon is that I know my mind is frequently full of shit.**

I know that my mind will often say overly negative, critical, even downright mean things to me sometimes. But I'm really good at not believing everything I think.

I know that I'm often going to feel unmotivated or lazy but I don't think this means anything about me as a person.

I know that my emotions will often pull me toward taking the easy, less painful path. But I don't trust my emotions and try to only follow them if they align with my values and what I think is right.

**In short, I manage to stay pretty productive because I'm really good at self-compassion.**

I don't beat myself up for little setbacks and mistakes and I remind myself frequently that feeling bad or unmotivated is totally normal and really not that big a deal in the long-run.

I cultivate a healthy skepticism of my own thoughts and feelings, never assuming that they are altogether true or helpful.

In general, one of the biggest secrets to my consistent productivity is that I try my best to stick to *The Other Golden Rule: **When times are tough, treat yourself like you would treat a friend.***

For most of your life, you've likely had it beaten into you that the only way to succeed and productive is to be hard on yourself.

But in the words of the great [Dr. Phil](#): *How's that working for ya?*

Try a little [self-compassion](#) instead. I think you'll find it far more productive.

### 3. Write down the one thing.

When it comes to staying consistently productive, what you *don't do* is at least as important as what you do.

I often get overwhelmed with my work. Because I have a lot of things I *want* to be working on, it can be hard sometimes to understand what I really *need* to be working on at any given moment.

Normally, I rely on [motivation](#) to get me through this dilemma: I squint my eyes, find the thing that looks most fun, and go full-steam ahead with that. But as mentioned earlier, we don't always feel motivated—even to work on things we normally enjoy.

And when I'm not feeling as motivated or energetic as I'm used to, it's easy to get overwhelmed—like you're juggling too many things at once and at any moment everything's going to come crashing down.

Well, I have one very simple trick that helps enormously when it comes to overwhelm: I write down my one thing.

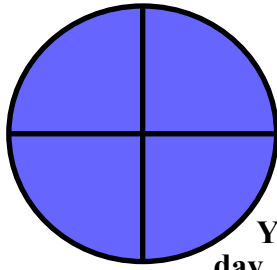
My one thing is the answer to this question:

*At the end of the day, if I did \_\_\_\_\_ I would be proud of myself.*

I find this question incredibly clarifying. And when I can get even a little bit more clarity, it often cuts through much of my overwhelm and need to procrastinate.

**Confusion is the mother of procrastination. Productivity is the child of clarity.**





## 4. Go for a walk (without a phone).

Staying consistently productive requires rest and the focus that comes with it. And while you're hopefully getting a pretty good night's sleep, nocturnal rest isn't the only kind of rest we need.

**You'll be a lot more productive if you're smart about resting throughout your day.**

Now, most people fall into one of two traps when it comes to resting throughout the day:

1. They just don't do it. This is dumb. If your plan for being consistently productive is to just power through all day every day, I'm not sure there's much I can say that will help you. You'll probably have to crash and burn to finally see the error in this type of strategy.

More commonly, people try to rest throughout the day, but they do it in ways that aren't really restful. In other words, what you think will be restful is actually more stressful or energy-consuming.

For example, many people think that resting requires a lack of physical activity or a serious reduction in it. While this might be true if your work involves manual labor or playing professional basketball, most of you reading this are probably some kind of knowledge worker, which is code for you sit in front of a computer all day.

In this case, **expending more physical energy will actually help you feel more energetic.** So instead of plopping down on the couch as a form of rest, try moving instead. Go for a walk, get a quick 20-minute workout in, or even just do some push-ups.

2. The other form of fake-rest that many of us fall into is being online. It seems like a quick scroll through Facebook would be a welcome relief compared to the drudgery of your normal work. But in reality, Facebook, social media more generally, and often any kind of online activity is not going to be genuinely restful.

You probably spend all day online in one form or another. This means what you really need to get genuine rest is some non-online time. And one of the best ways I've found to do this is to go for a walk **WITHOUT** your phone.

I'm a therapist and a writer, which means I spend all my working day indoors, sitting down, and usually in front of a computer.

And what I've found is, going for a walk (usually 20-30 minutes) is incredibly refreshing and invigorating. I can't think of a single instance when I felt less energized or more tired as a result.

But the kicker is that I get a much bigger boost in energy when I don't bring my phone and listen to a podcast, check my email, etc. Just me and the wide, wide world.

Give it a shot. I don't think you'll regret it.

### All You Need to Know

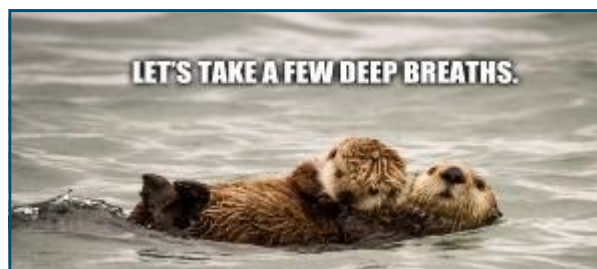
Staying productive even when you feel like garbage is about being smart with what little motivation you do have:

Optimize for energy.

Be compassionate with the garbage.

Write down the one thing.

Go for a walk (without your phone).





And now, helpful words from the insurers that take such good care of us!

**Insurance served your way**

Protecting the Ontario education community is our only purpose. We'll shop the market to find the best insurance policy that fits your individual needs, as well as your budget.

**Plus**  
get exclusive discounts  
and a **\$20 gift card**  
when you get a quote!\*

**Promo2**

**GET A QUOTE >**

## And even more good advice from our insurers:

Performing a radon test is the only way to know if there are harmful levels of radon in your home. Radon levels can vary widely even between homes on the same street, so it's always best to test your individual home to ensure your safety.

You can purchase a radon test kit for \$25-\$75, or you can hire a radon measurement professional. Health Canada recommends using a long-term radon test kit that comes with a radon detector. These long-term radon test kits must be in place for three months in a commonly used area at or near the lowest level of your home during winter, when all your windows remain closed.

### 2. Assess the results

Radon is harmful at levels of over 200 becquerels per cubic meter (Bq/m<sup>3</sup>). If your test reveals radon levels higher than 200 Bq/m<sup>3</sup>, you will need to work with a professional to find a solution to reduce the radon to a safe level.

### 3. Install a radon mitigation system

If your home has harmful levels of radon, contact a [certified radon professional](#) to discuss radon mitigation options for your home. Solutions can include installing a pipe in your foundation that draws out gas with a fan, sealing gaps, removing radon from below the building, or ventilating the building. Most of these systems can be installed in less than one day and will reduce radon levels by more than 80%. The cost of these systems can vary between \$500 to \$3,000 depending on the size and design of your home and the work that is needed.<sup>3</sup> Unfortunately installing a radon mitigation system is considered home maintenance and not covered by home insurance. However, if you have recently bought a new home, the Tarion warranty you have as a part of the [Ontario New Home Warranties Plan Act and Regulations](#) will have radon coverage for seven years.<sup>4</sup>

### Carbon monoxide

Carbon monoxide (CO) is a poisonous gas that can leak from anything that burns fossil fuels, including furnaces, exhaust vents for gas appliances, wood burning fireplaces, and exhaust fumes from idling cars—88% of homes have something that could pose a CO threat.<sup>5</sup> When you're exposed to high levels of CO, it prevents the flow of oxygen to the heart, brain, and vital organs. Low levels can result in flu-like symptoms such as dizziness, headaches, confusion, fatigue, and shortness of breath, while high levels can be fatal.

#### 1. Prevent carbon monoxide exposure

Make sure your fuel-burning appliances, venting systems, and chimneys are serviced and maintained by a qualified service technician. Never use fuel-burning appliances designed for the outdoors such as barbeques, lanterns, chainsaws, lawnmowers, or snowblowers in an enclosed area and don't idle your vehicle in an attached garage.

#### 2. Install and maintain carbon monoxide detectors

Make sure you have a working CO detector installed on each level of your home. It's required in Ontario to have a CO detector near all sleeping areas in residential homes that contain fuel-burning appliances and attached garages.<sup>5</sup>

Ensure that your CO detector is not covered by furniture, drapes, or plugged into wall-switch controlled outlets and is placed at least 15 feet away from fuel-burning appliances. Test your CO detector monthly. If it is battery operated, change the batteries as often as your manufacturer recommends or when you hear a warning chirp.

#### 3. Have a plan

Make sure you have a plan in place before the CO alarm goes off, so that everyone in your family knows what to do. Develop a fire escape plan and arrange a meeting point at a safe distance from your house. If the alarm sounds, get out of your house immediately and contact your local fire department for assistance. If anyone shows symptoms of CO poisoning, call 911..

## Non Sequitur by Wiley Miller for April 06, 2022

