



Health
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THE JR. MYSTERY PATROL

IN: THE PEPPERCORN PROBLEM



THE JR. MYSTERY PATROL



Gabrielle



Rabeab



Mia



Peppercorn



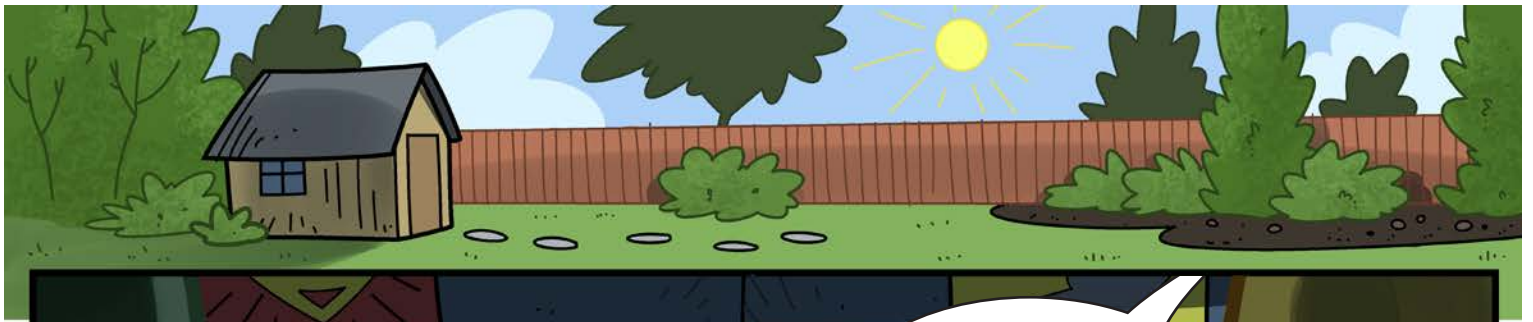
Lucas



Sam



Sophia
(Rabeab's Mom)



Nice try Monstey McMonster, but you didn't count on us being here to foil your plans.



Arrrgh, I promise to change my monster-ways.



Alright, but you have to make snacks for us.

Maybe next time you'll think twice before trying to outwit the *Jr. Mystery Patrol!*



wait...snacks? What do I have to make?

You know my experience is in tasting not cooking.



Don't worry Lucas, you just have to help Rabeab's mom take the juice and veggie tray outside...



WEEEEE!

Phew, thanks Mia, for a second I thought I had to whip up some sandwiches or something for everyone.

Er, Rab... can you shine that somewhere else?



It's Peppercorn, she's sick!



Oh girl, what's wrong?



Wheeze... meow...cough meow cough*

*Rab, if I don't get better, you can have my scratching post.

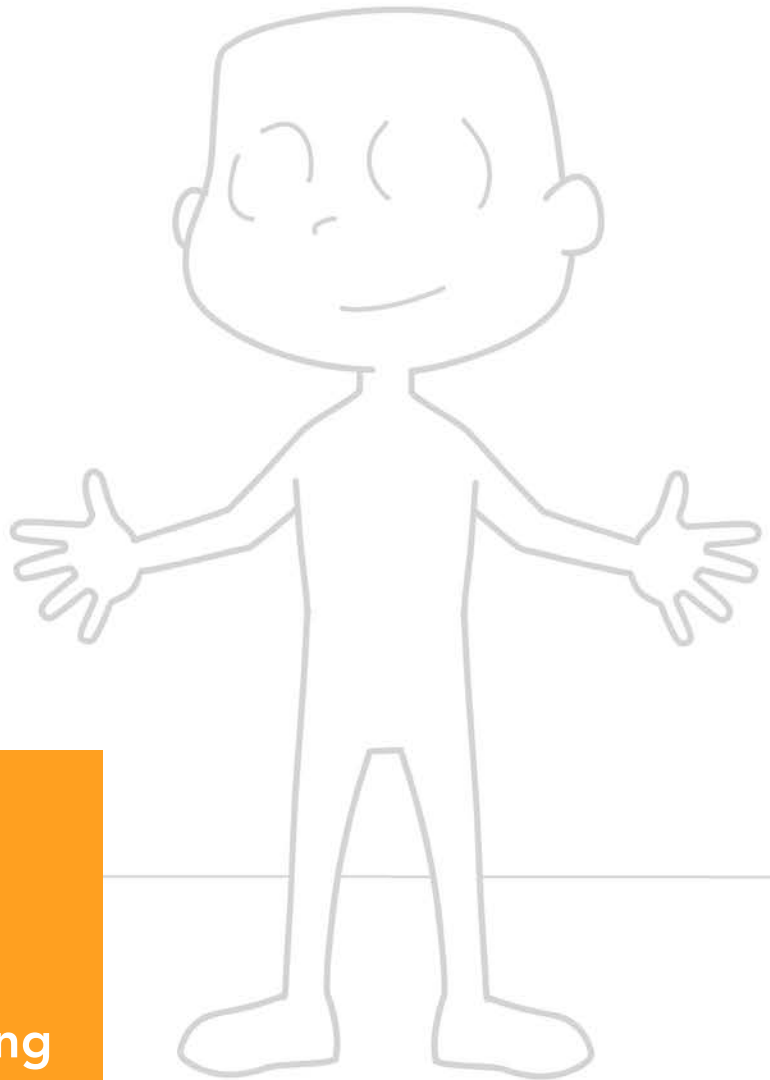
This looks like a job for **THE JR. MYSTERY PATROL**





There must be something in the environment that is making Peppercorn sick

Our environment is everything around us. This can include plants, animals, soil, water, air and other non-living and living things.

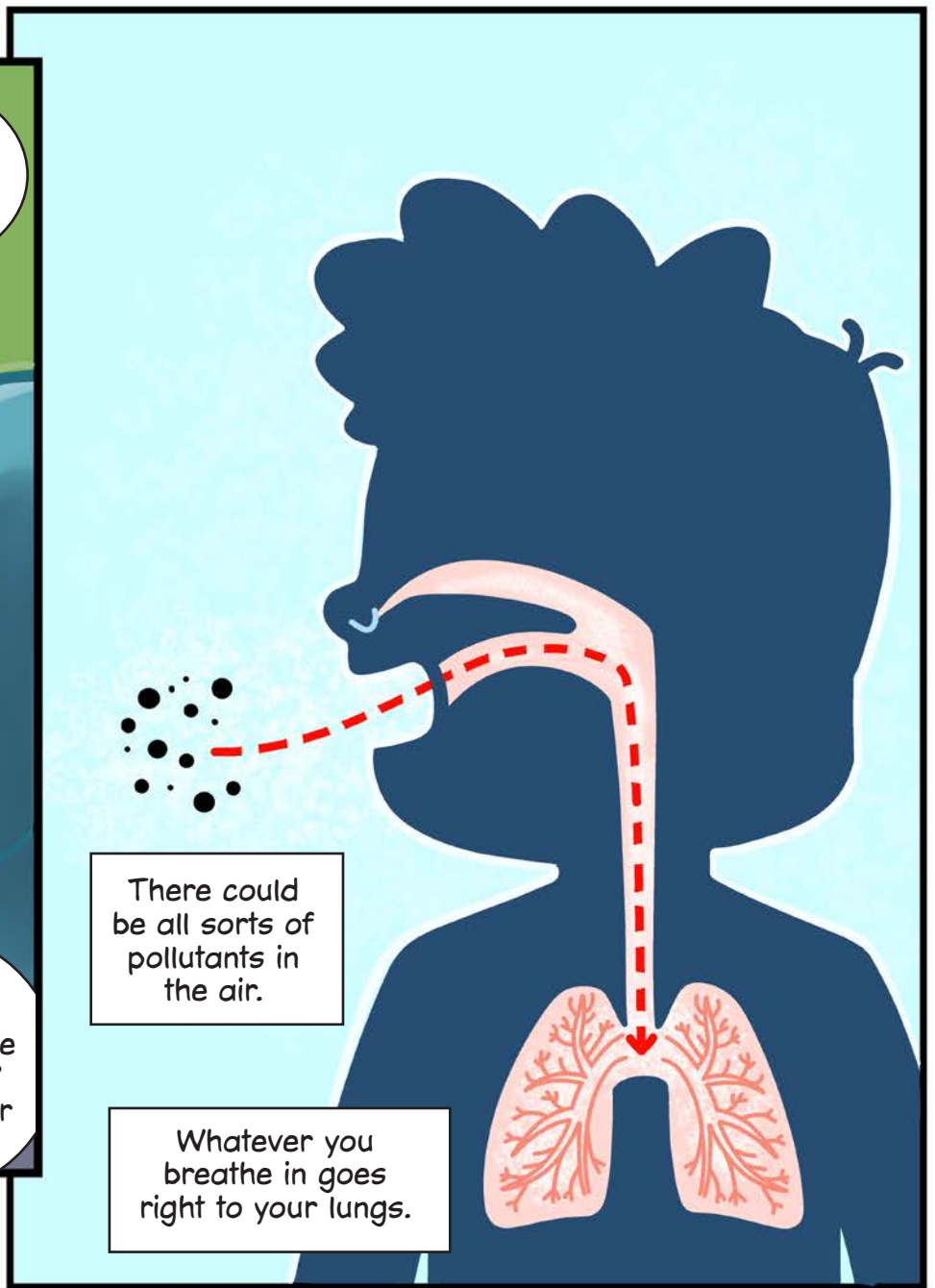


Draw yourself in your favourite environment. Is it your backyard? Is it your school? Your room? Remember all the non-living and living things that make up your environment.



Maybe it's something she ate?

Yeah, or maybe something she breathed in? It could be air pollution!



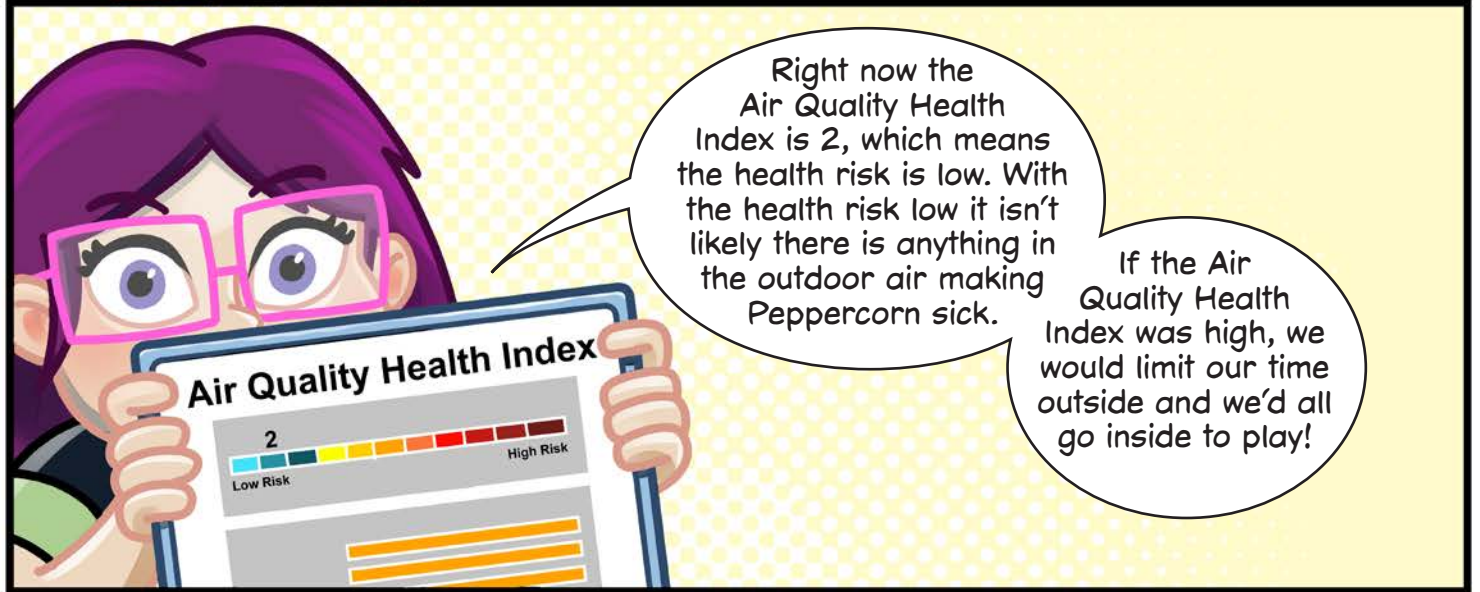
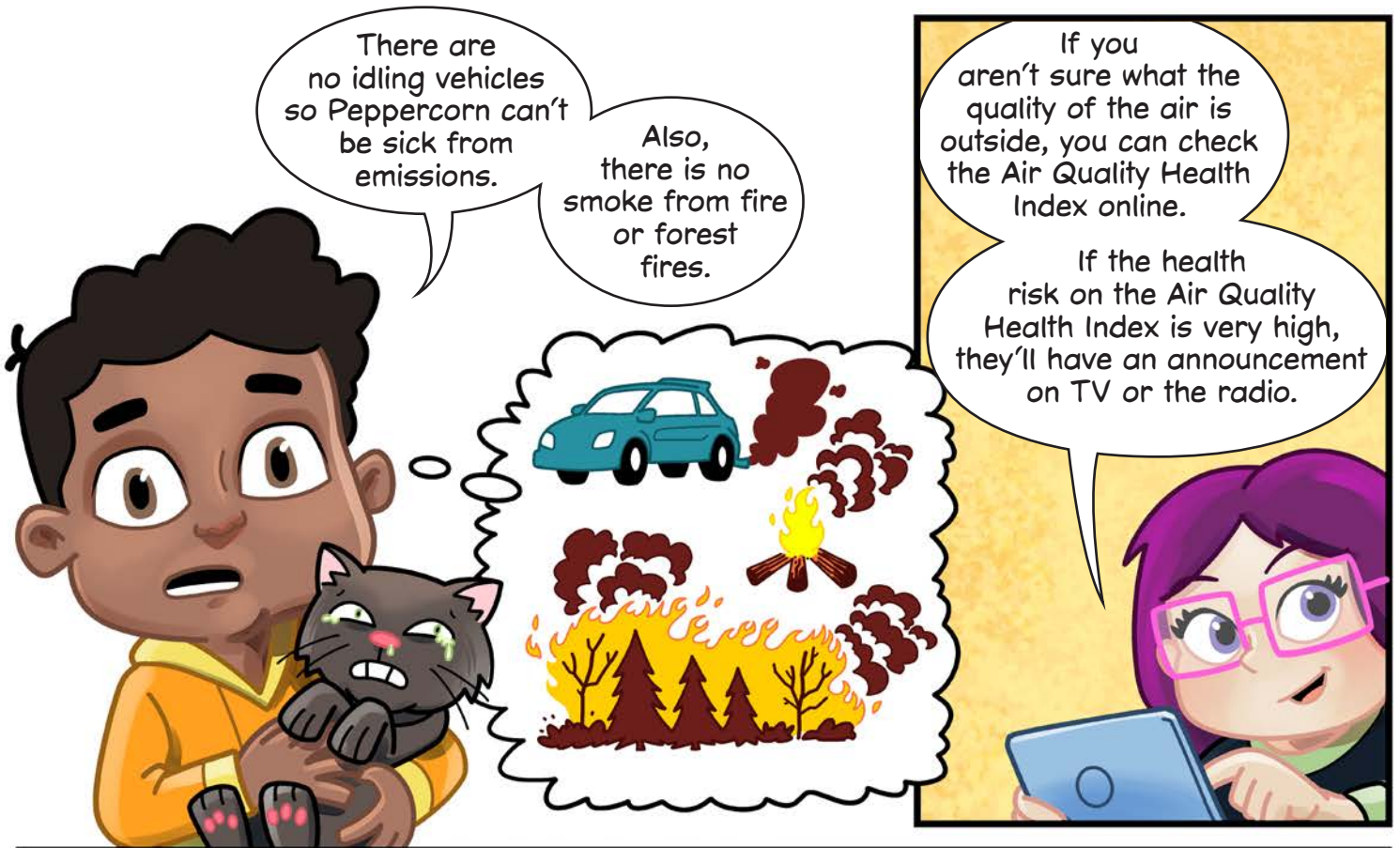
There could be all sorts of pollutants in the air.

Whatever you breathe in goes right to your lungs.



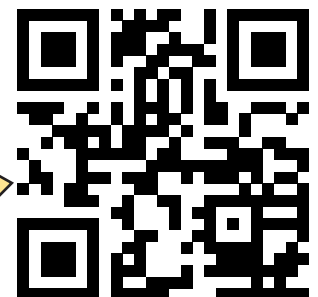
Like last summer, when there were those bad forest fires.

My asthma was really bad, I couldn't go outside.



For more information and materials on what you can do to reduce outdoor pollution go to www.airhealth.ca

or scan this QR code!



WORD SEARCH

Find the following words in the puzzle.
Words are hidden → and ↓.

ASTHMA

AIR

SMOKE

HEALTH

RISK

POLLUTANT

X	E	H	C	A	V	F	O	L	H
A	S	A	I	R	F	I	P	R	E
H	M	X	U	I	F	D	O	B	A
L	O	A	N	S	D	S	L	Z	L
C	K	D	Y	K	T	E	L	C	T
N	E	C	F	R	N	C	U	G	H
O	R	N	Y	T	L	T	T	Z	N
F	X	A	S	T	H	M	A	N	G
S	V	O	G	C	T	B	N	H	V
H	L	X	B	B	V	W	T	P	F

How can we help improve air quality? Biking, walking or taking the bus to school are small things that can make a big difference.

Answers on Inside Back Cover





wheeze
....meow

So...if it isn't something in the air outside. There must be something inside that's causing Peppercorn's reaction.



What brings the Patrol back in the house?

Peppercorn is sick, we're trying to find out what's causing it!



Oh no! Well if she doesn't get better in an hour I'll take her to the vet.



Please take your shoes off and wash your hands.

The baby just started crawling and puts everything in her mouth so we need to keep the home free of dust so she doesn't get sick!

Besides breathing them in, chemicals can enter our body in different ways.



It's important we keep dangerous things like medications or cleaning products out of reach of little ones. These types of chemicals enter the body through accidentally eating them...



...and through skin contact.



That's why people wear gloves when they are cleaning.

As long as we use them properly, some chemicals are beneficial to us...

like vitamins,



Toothpaste...



...and sunscreens



Always ask an adult before using.

Wash your hands with warm water for at least 20 seconds. You can hum the tune to happy birthday, or make up your own words to the song like we did.



*(Sung to the tune of Happy Birthday)
Wash your hands to be clean. Wash your hands cuz you're keen. Wash your hands for 20 seconds, so they don't turn slime green.*



Write your own 4 line rhyme or song to wash your hands too.



Want a drink?
Let tap water run
until it's cold!

Reduce your exposure
to harmful chemicals like
lead, by letting your taps
run until the water is cold.

DANGEROUS CHEMICALS

Colour these wanted chemicals to help the Jr. Mystery Patrol identify them and reduce their exposure.....

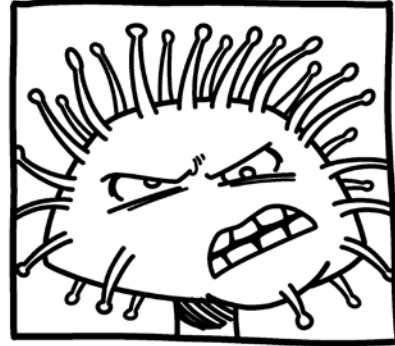
Carbon monoxide



No Photo Available

Toxic gas that has *no colour, no smell and no taste*. It can catch on fire and is lighter than air. If you breath it in, at first you might feel nauseous, ill and dizzy and not know why. It makes you feel tired, and if you breathed it for too long, you could die.

Mould



Any fungus that grows on food or damp materials. It can irritate the lungs, and sometimes produces toxic substances. You might get an allergic reaction if you breathe in or touch mould spores, which would make you sneeze, give you a runny nose, red eyes and a skin rash. *Moulds can also cause asthma attacks.*

Lead



Lead is a natural metal found in the ground. It was used a lot, and has contaminated the environment. Humans who are exposed to it can get really sick, and it's still a problem in many parts of the world.

Asbestos



Asbestos was a popular material used widely in construction and many other industries. Breathing in asbestos fibres can cause cancer and other diseases.

Understanding Hazard Symbols

Hazard symbols have three parts:

- the picture
- the frame
- the caution (signal) words

1 Hazard symbol pictures

The picture tells you the type of danger:



EXPLOSIVE

The container can explode if heated or punctured. Flying pieces of metal or plastic from the container can cause serious injury, especially to your eyes.



CORROSIVE

The product can burn your skin or eyes. If swallowed, it can damage your throat and stomach.



FLAMMABLE

The product or its fumes will catch fire easily if it is near heat, flames, or sparks. Rags used with this product may begin to burn on their own.



POISON

If you swallow, lick, or in some cases, breathe in the chemical, you could become very sick or die.

2

Hazard symbol frames

The shape of the frame around the hazard symbol tells you what part of the product is dangerous:



If it's a triangle, it means the container is dangerous.



If it's an octagon, it means the contents are dangerous.

3

Signal words

The signal word(s) underneath the hazard symbol explain the level of risk:

Symbol -



Signal word - **CAUTION**

Signal words:

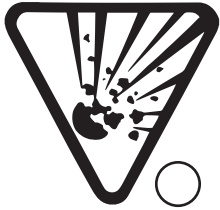
CAUTION means you could be temporarily hurt. The product could cause death if you are exposed to a lot of it.

DANGER means you could be temporarily or permanently hurt, or even die.

EXTREME DANGER means even small amounts may cause death or serious injury.

Match the hazard symbol with its meaning.
Draw a line from hazard symbol to its proper meaning.

Answers on Inside Back Cover



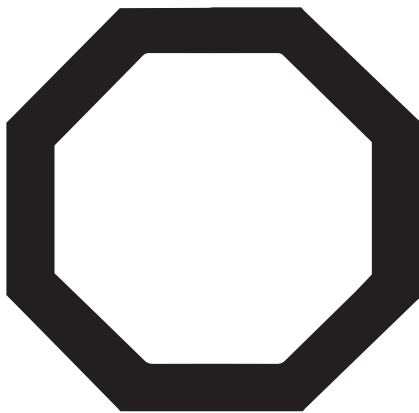
Corrosive

Poison

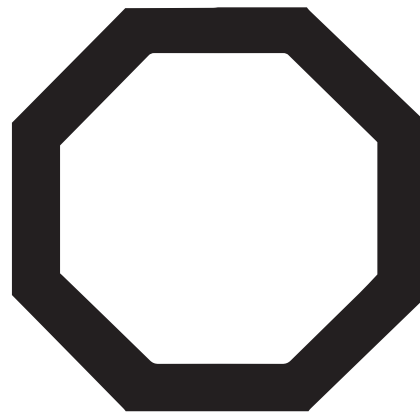
Explosive

Flammable

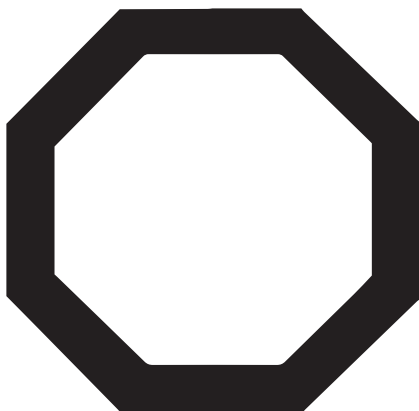
Use the frames below to draw the picture for each of the hazard symbols.



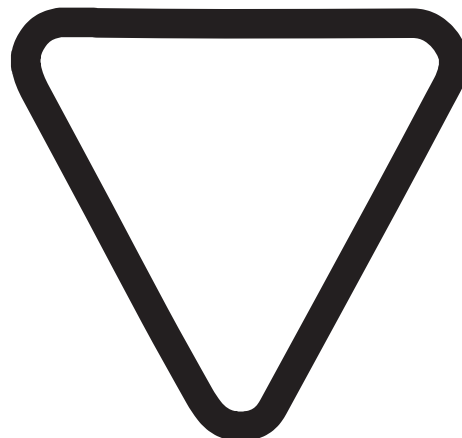
Corrosive



Poison



Flammable



Explosive

Match the safe food or product with its unsafe look-a-like.
Draw a line from the safe food to the dangerous look-alike.

Answers on Inside Back Cover



safe foods

Potentially harmful products or substances can be easily mistaken for safe foods, drinks, or other products.

Usually this is because the product or the packaging looks similar to the safe product packaging.

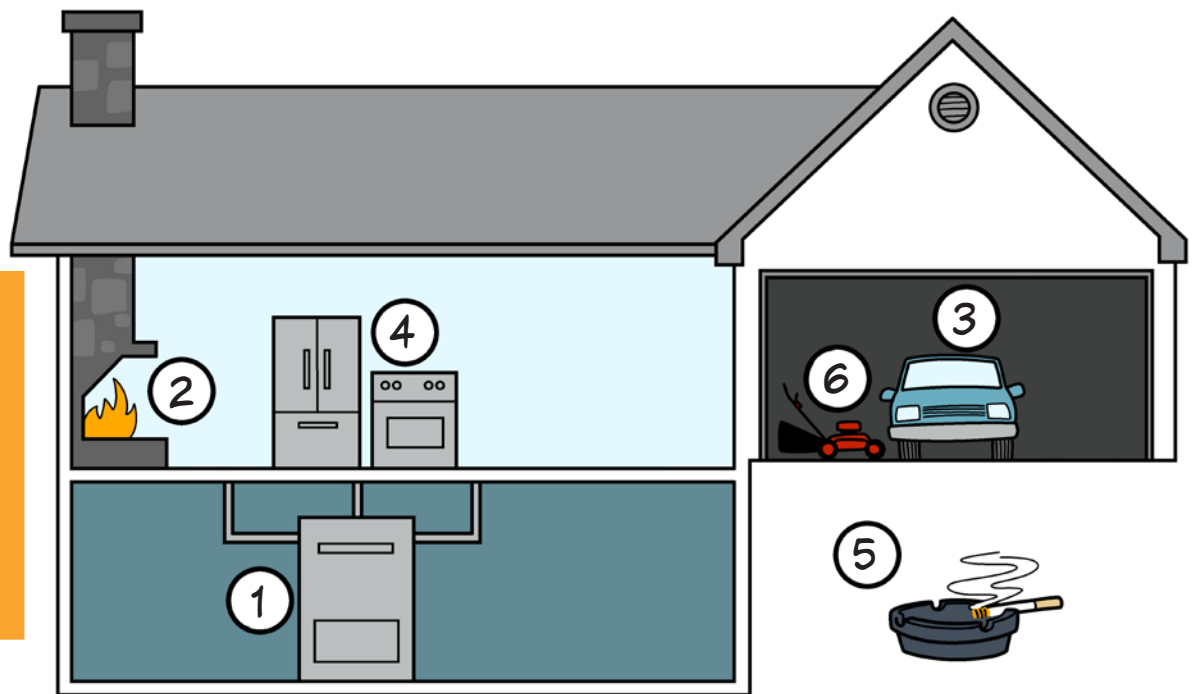


dangerous look-alikes

It's important that adults keep household chemical products in original containers and out of reach and sight from you and your pets. If you ever find a chemical or product that you know is unsafe or are not familiar with, make sure to tell an adult.



Here are some typical sources of carbon monoxide in and around the home.



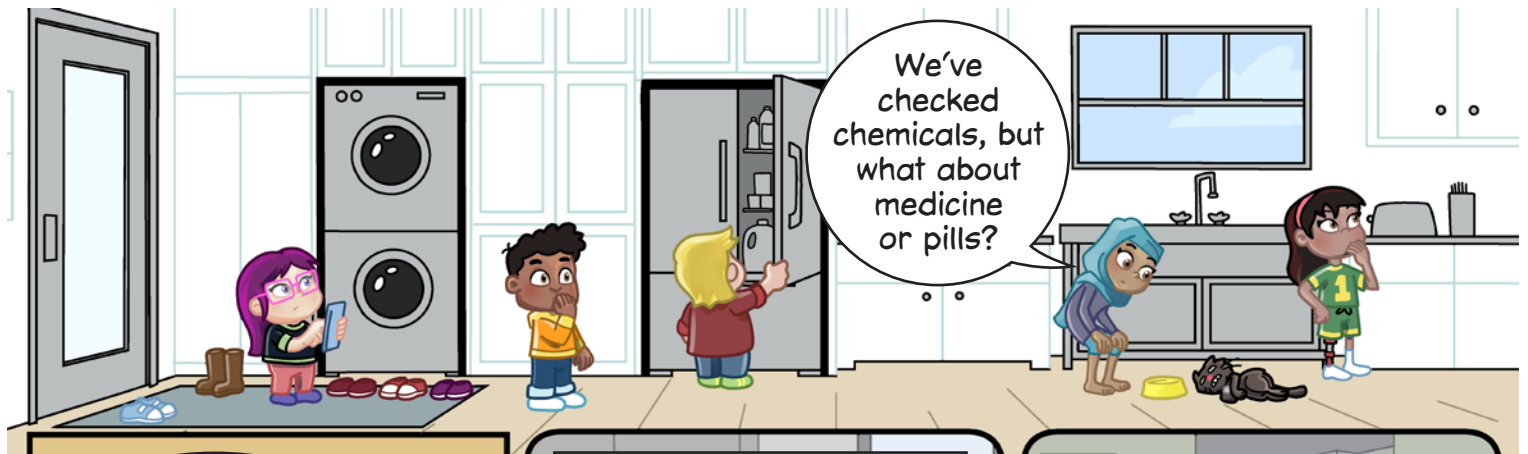
Help the Jr. Mystery Patrol unscramble each of the CO sources.
Answers on Inside Back Cover

Scrambled

Unscrambled

- 1. urFnace
- 2. Firepclaē
- 3. raC
- 4. ppAliances
- 5. arettCige
- 6. mowLawner

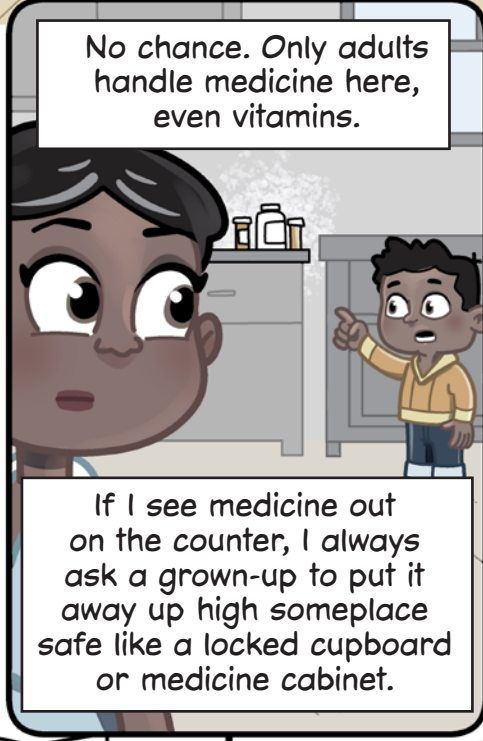
- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____



We've checked chemicals, but what about medicine or pills?



Do you think Peppercorn ate anything like that?

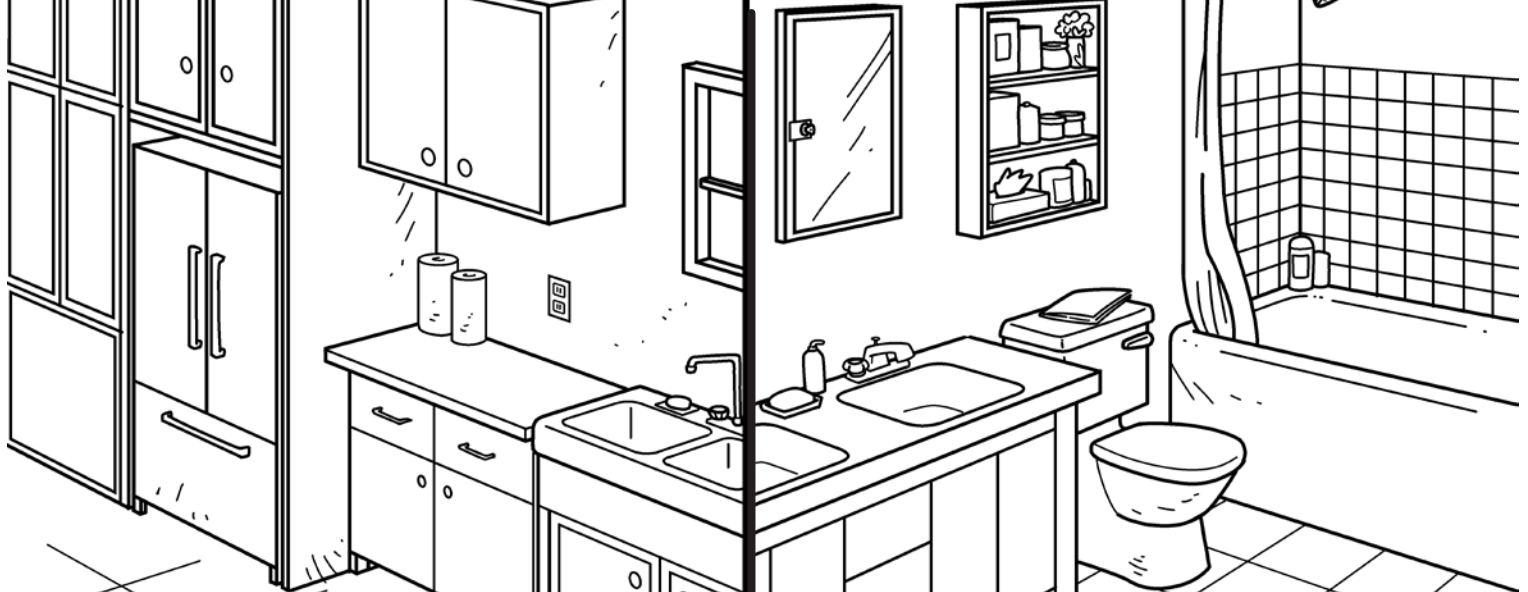


No chance. Only adults handle medicine here, even vitamins.

If I see medicine out on the counter, I always ask a grown-up to put it away up high someplace safe like a locked cupboard or medicine cabinet.

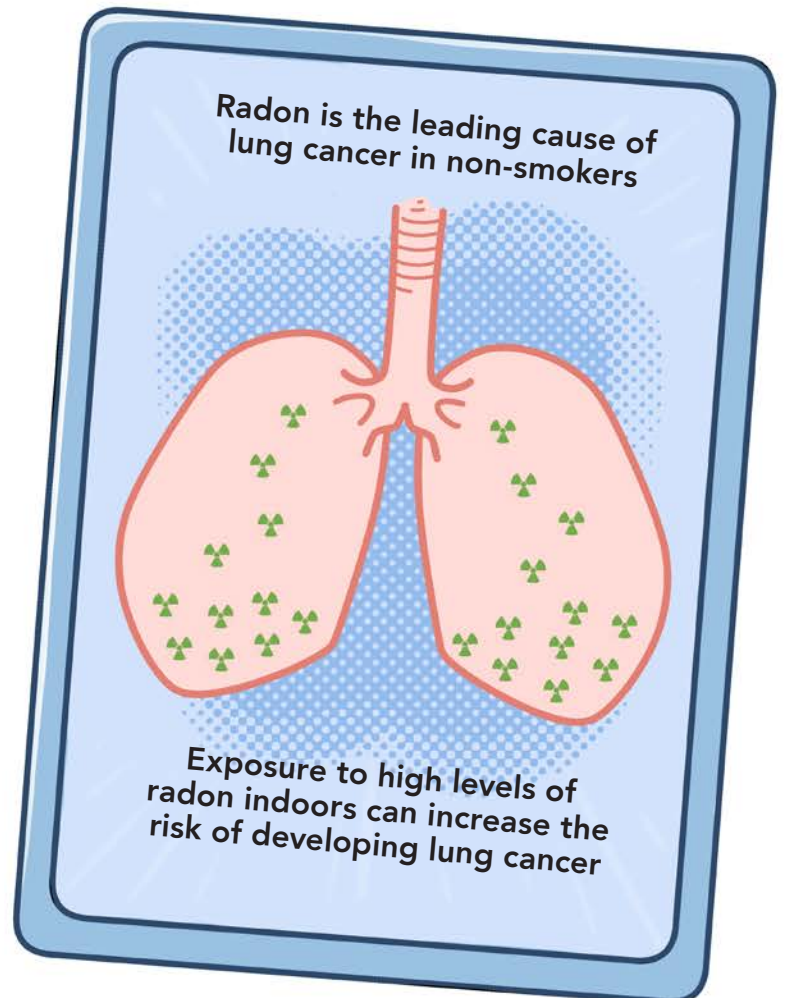
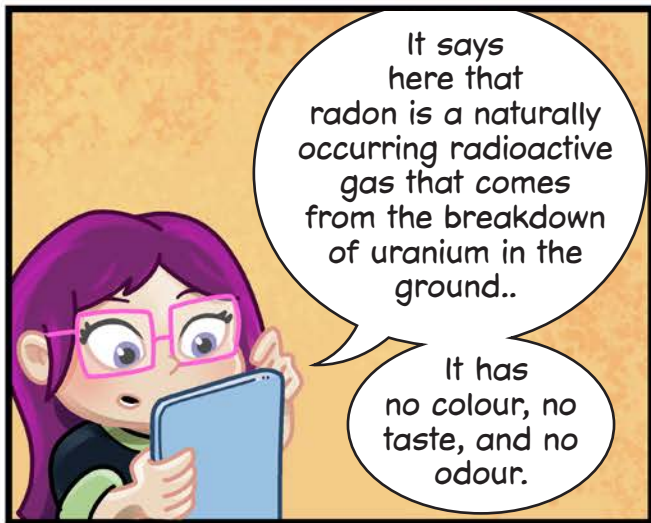
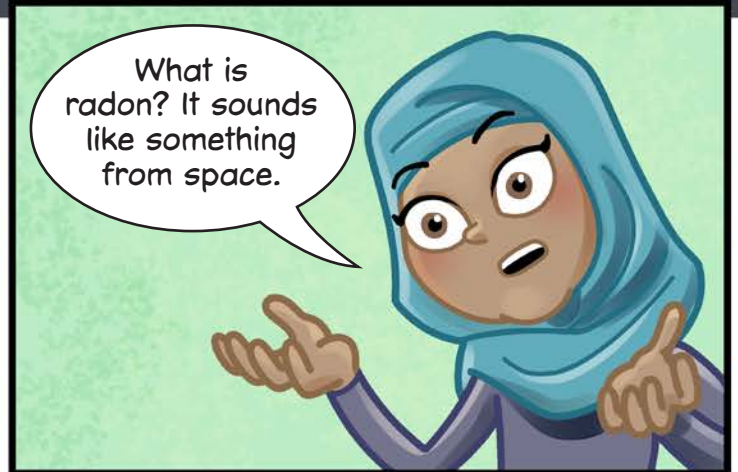
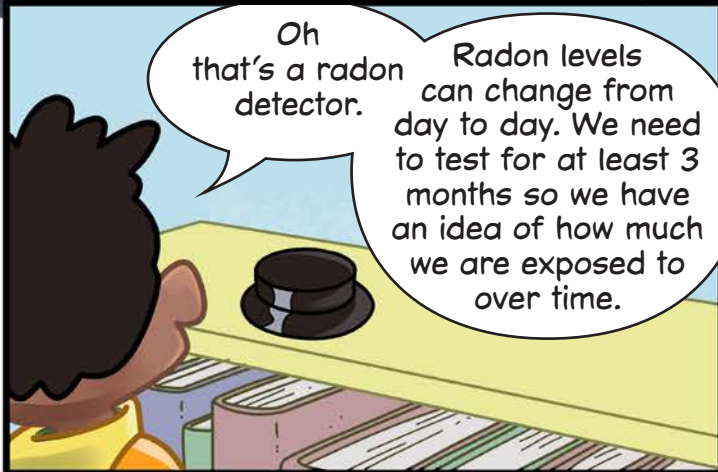


And if a visitor has medicine in their bag or purse I let them know they should keep it high up, out of reach of children.

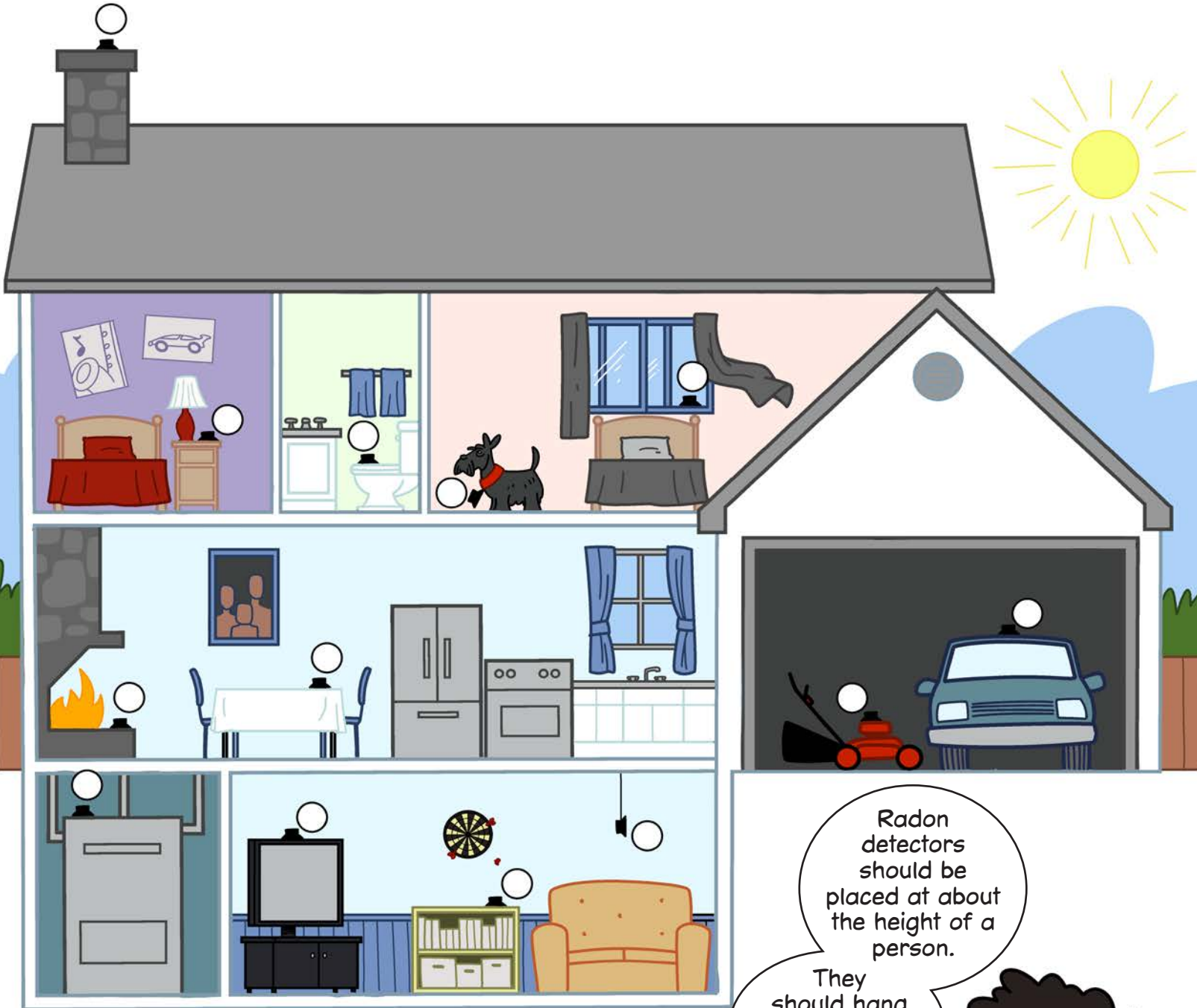


Colour where the medicines should be placed in the kitchen and bathroom in green and where they shouldn't be placed red.

Answers on Inside Back Cover



Where do you put a radon detector?

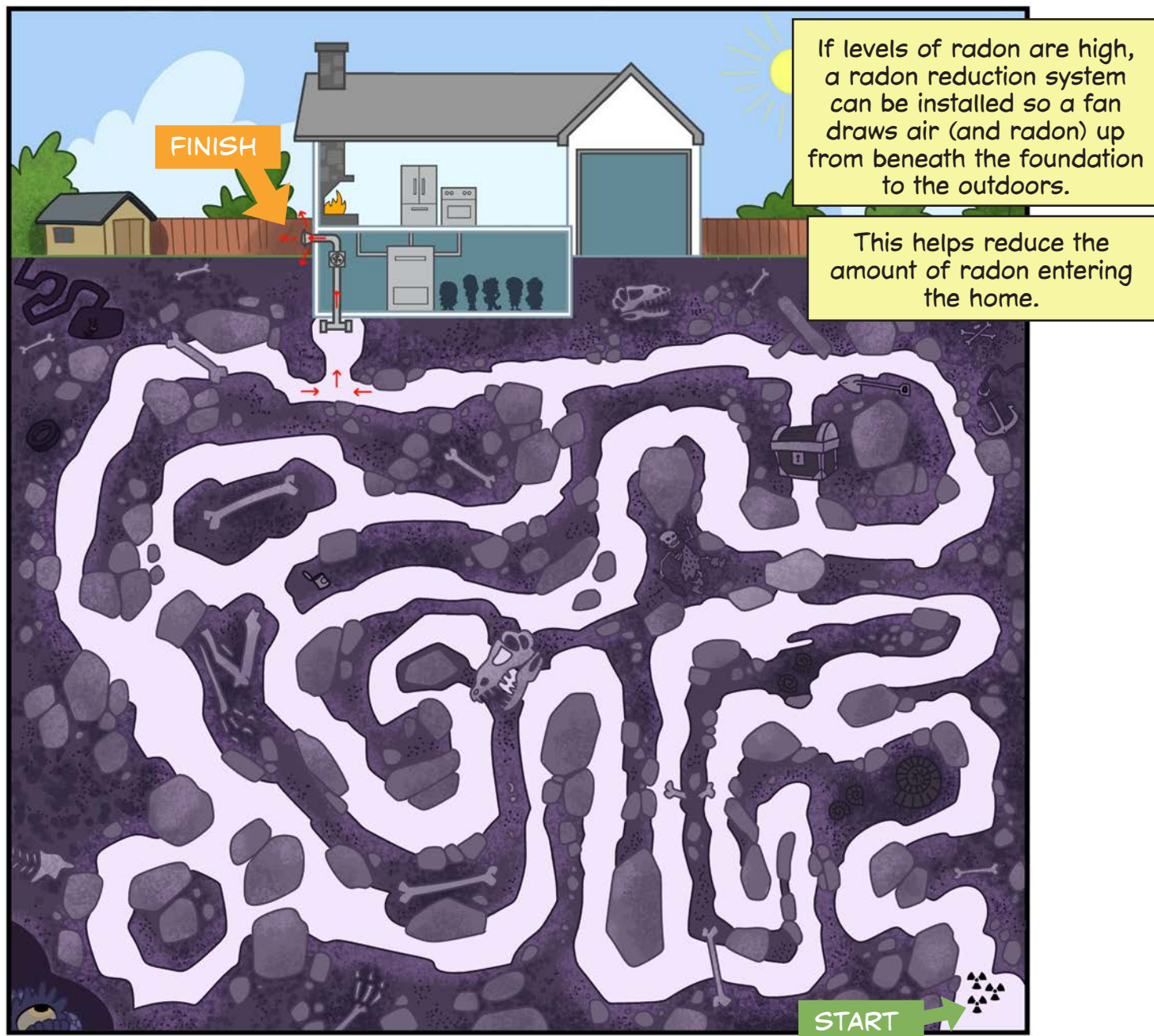


Radon detectors can't be placed just anywhere! Look around the house. Put a check ✓ where you think a radon detector should go, and put an x ✗ where you think they shouldn't go!

Answers on Inside Back Cover

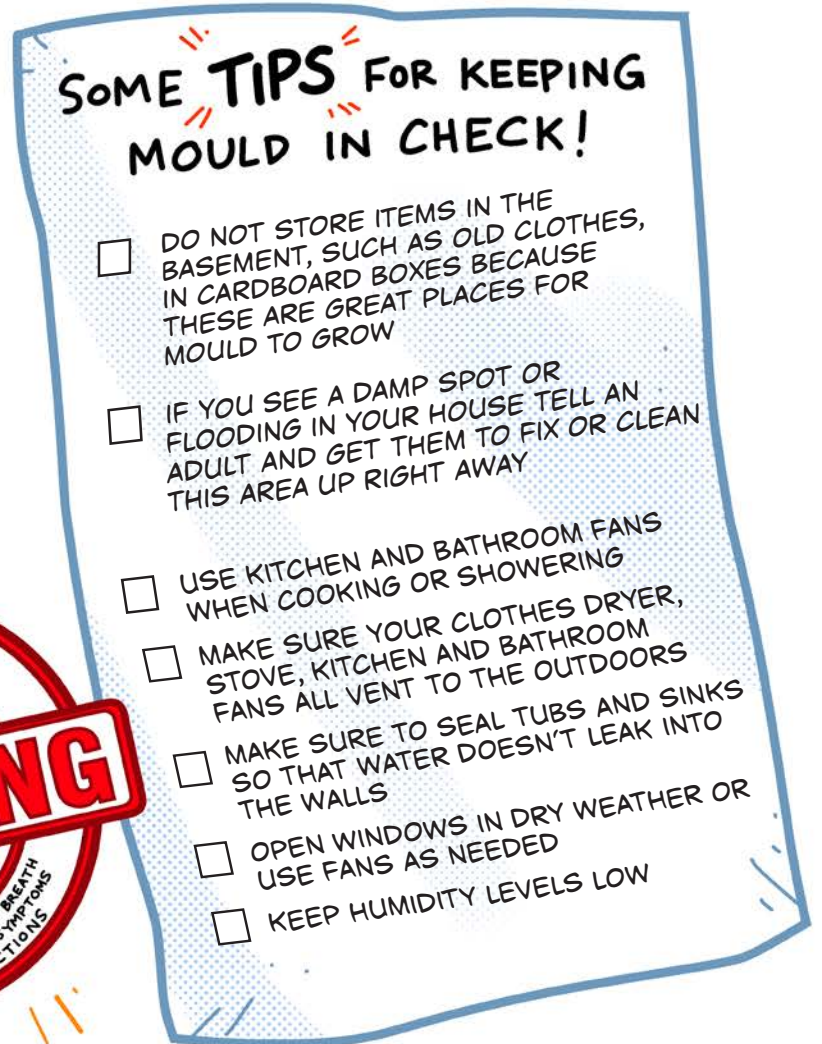
Radon is an invisible, radioactive gas that is in all homes and buildings. The only way to know how much radon is in your home is to TEST for it. Has your home been tested?

Tell an adult in your home that radon is easy to TEST and easy to REDUCE. A long term radon testing kit can be bought at a home improvement store or online. Testing should be done for 3 months and is best done during the fall or winter.



Help find a path for the radon to go up and out through a radon vent pipe.

Answers on Inside Back Cover





Here it is Sophia, we're pretty sure this is what's bugging Peppercorn.



Thank you so much!

What a great team you all make!

I'll get rid of this cardboard box where the mould is growing and find out if there is anymore. If there are leaks or the mould is in a large area we may need a professional to clean it.



I'm still going to take Peppercorn to the Vet, just in case it's something more than the mould.



Now, wash your hands and get back outside. There is a mysterious package that's appeared on the table!



Oh, I think this is my favourite kind of mystery!



Well, there is no case too big or too small for...

THE JR. MYSTERY PATROL



For more information visit
www.Canada.ca/healthy-home

Health Canada is the federal department responsible for helping the people of Canada maintain and improve their health. Health Canada is committed to improving the lives of all of Canada's people and to making this country's population among the healthiest in the world as measured by longevity, lifestyle and effective use of the public health care system.

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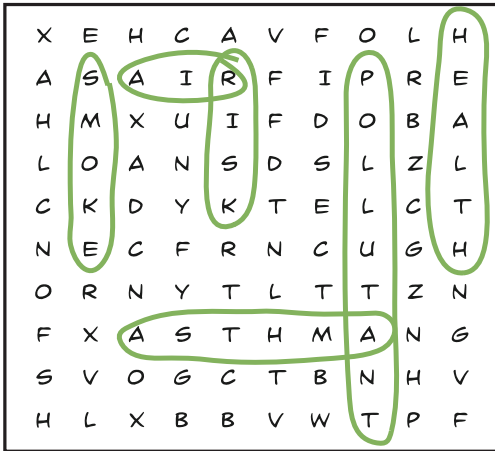




ANSWERS

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ASTHMA
AIR
SMOKE
HEALTH
RISK
POLLUTANT



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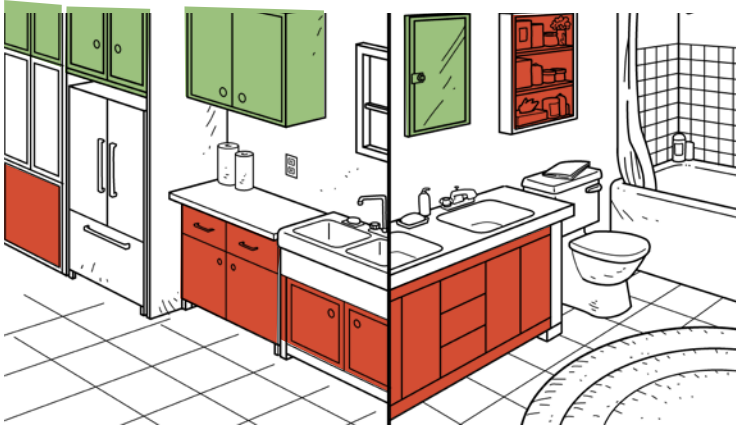
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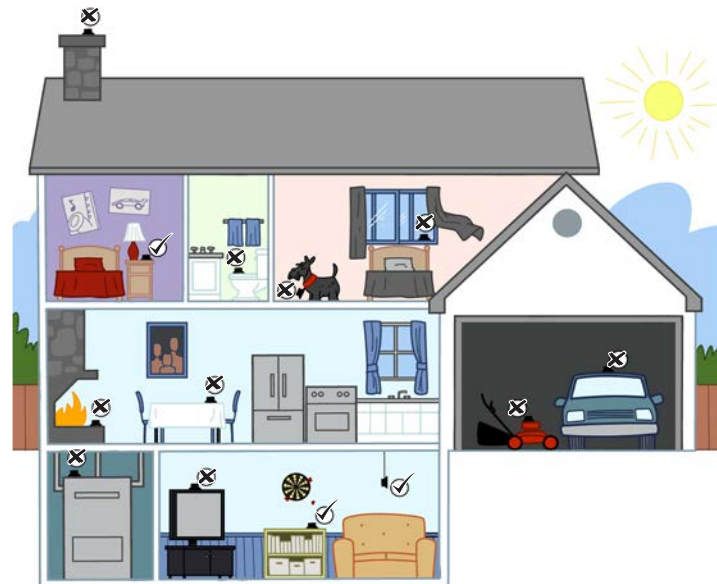
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1. Furnace
2. Fireplace
3. Car
4. Appliances
5. Cigarette
6. Lawnmower

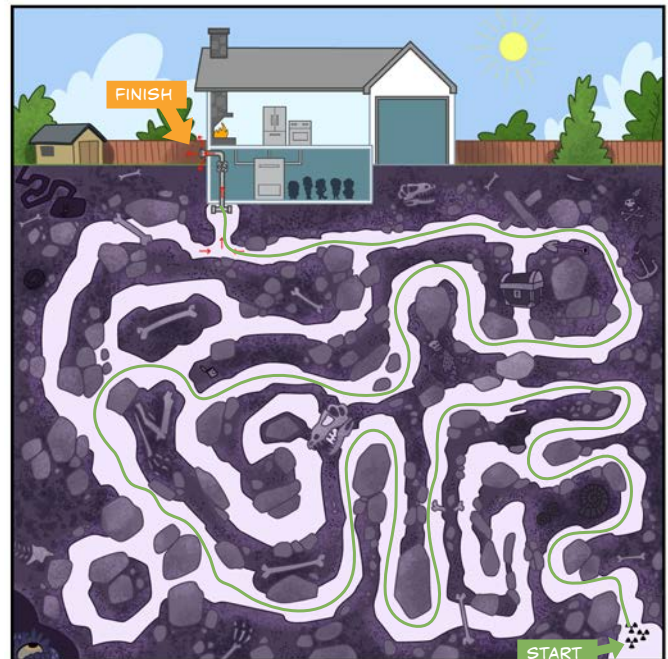
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Mystery, comics, activities,
mazes, puzzles and more!

No
case is too
big or too
small for

THE JR. MYSTERY PATROL

Who or what is causing
the adorable cat
Peppercorn to feel sick?
Get ready for exciting
activities and
challenging puzzles
as you help five fearless
kids solve the mystery
of the *Peppercorn* problem.



For more information visit
www.Canada.ca/healthy-home