



Carbon Monoxide Awareness

- According to the federal Centers for Disease Control and Prevention, the first month of the year is the worst for carbon monoxide poisoning.
- Each year, carbon monoxide (CO) poisoning is responsible for more than 50,000 emergency department visits, resulting in more than 400 deaths
- At least two people die each day from carbon-monoxide poisoning in January—three times the fatality rate recorded in August and July

CO is an odorless, invisible gas produced when gasoline, natural gas, propane, kerosene, and other fuels are not completely burned during use. Automobile exhaust is the most common source of CO, but small gas engines, camp lanterns and stoves, charcoal grills, gas ranges, and furnaces also produce it.

What are the symptoms of CO poisoning? <https://www.cdc.gov/co/faqs.htm>

The most common symptoms of CO poisoning are headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion. CO symptoms are often described as “flu-like.” If you breathe in a lot of CO it can make you pass out or kill you. People who are sleeping or drunk can die from CO poisoning before they have symptoms.

You Can Prevent Carbon Monoxide Exposure

- **Do** have your heating system, water heater and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.
- **Do** install a battery-operated or battery back-up CO detector in your home. Check or replace the battery when you change the time on your clocks each spring and fall. If the detector sounds leave your home immediately and call 911.
- **Do** seek prompt medical help if you suspect CO poisoning and are feeling dizzy, light-headed, or nauseated.
- **Don't** use a generator, charcoal grill, camp stove, or other gasoline or charcoal-burning device inside your home, basement, or garage or near a window.
- **Don't** run a car or truck inside a garage attached to your house, even if you leave the door open.
- **Don't** burn anything in a stove or fireplace that isn't vented.
- **Don't** heat your house with a gas oven.
- **Don't** use a generator, pressure washer, or any gasoline-powered engine less than 20 feet from any window, door, or vent. Use an extension cord that is **more than 20 feet long** to keep the generator at a safe distance