

What is Carbon Monoxide (CO)?

- ▶ CO is an odorless, colorless, tasteless, deadly gas.
- ▶ CO is made anytime fuel (oil, gas, wood) is burned.
- ▶ CO poisoning can occur from faulty furnace operation or blocked exhaust systems.
Possible sources include:
 - furnaces
 - charcoal or kerosene heaters
 - coal, wood or gas stoves
 - propane grills (do not use inside)
 - running cars in attached garages
 - tobacco smoke
 - motorboats and houseboats

How do I prevent CO poisoning?

- ▶ Use a CO detector.
- ▶ Have your heating system serviced yearly.
- ▶ Do not use charcoal or gas grills in the house or a tent.
- ▶ Do not use the oven to heat your home.
- ▶ Unplug portable heaters while sleeping.
- ▶ Avoid swimming near or under the back deck or swim platform of boats.
- ▶ If you think a faulty appliance may be letting out large amounts of CO, call your local fire department for assistance in testing the air for CO.

How do I know it's CO poisoning?

- ▶ Symptoms of CO poisoning include headache, nausea and vomiting, weakness, fatigue, and confusion. Symptoms can mimic the flu.
- ▶ If several people in the household become ill at the same time, it may not be "just the flu."

What do I do if I suspect CO poisoning?

- ▶ Get to fresh air right away.
- ▶ Open wide all doors and windows.
- ▶ Call the Washington Poison Center at **1-800-222-1222** right away.

Expert Poison Information 24/7: 1-800-222-1222