



# SEASONAL HEALTH ALERT

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Questions, contact WAPC, 24/7/365, by calling: 1 (800) 222-1222.

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## Preventing Carbon Monoxide Poisoning

Carbon monoxide (CO) is a very dangerous odorless and colorless gas responsible for over 10,000 calls annually to poison centers across the United States. Follow this helpful information to prevent carbon monoxide exposure and keep healthy.

### WHERE IS CARBON MONOXIDE FOUND?

- Carbon monoxide is found in fumes produced by fuel running in cars, trucks, small engines, stoves, lanterns, grills, fireplaces, gas ranges, or furnaces.

### HOW ARE PEOPLE EXPOSED TO CARBON MONOXIDE?

- People are exposed to carbon monoxide through faulty furnace systems or blocked exhaust systems, particularly when turning them on for the first time in the fall or winter.
- Using propane or charcoal grills indoors, a defective fireplace or chimney, or running cars inside a closed garage are frequently reported sources of carbon monoxide exposure.

### WHO IS AT RISK FOR CARBON MONOXIDE POISONING?

- People and pets are at risk for carbon monoxide poisoning.

### WHAT ARE SYMPTOMS OF CARBON MONOXIDE POISONING?

- The most common symptoms of carbon monoxide poisoning are: headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion. It can feel like the "flu".

### WHAT SHOULD I DO IF I THINK I'VE BEEN EXPOSED TO CARBON MONOXIDE?

- Immediately remove yourself and your family from the location.
- If someone is unconscious and cannot be removed, call 911.
- If the exposure occurred in your home, once safe, open windows and doors to clear the air.

### HOW CAN I PREVENT CARBON MONOXIDE POISONING?

- Install working carbon monoxide detectors outside of every sleeping area in your home.
- Have your heating systems (fireplace, flue, chimney, furnace) inspected annually.
- Never use charcoal grills for indoor cooking or heating.
- Never leave your car running inside an enclosed space.
- Place generators at least 20 feet away from building.



The Washington Poison Center is always here to help, 24/7/365 by calling:  
1 (800) 222-1222. All calls are free and confidential.