

SEASONAL HEALTH ALERT

Carbon Monoxide:

YOU CAN'T SEE OR SMELL IT. BUT YOU CAN STOP IT.

WHAT IS CARBON MONOXIDE?

Carbon Monoxide (CO) is a gas with no color or smell. It can be dangerous to humans—even deadly. Any household appliance that burns fuel can produce dangerous amounts of CO if not used or maintained properly.

If the item runs on batteries or electricity, you don't need to worry about CO poisoning.

CO SOURCES INCLUDE:



Furnaces



Portable generators



Gas or charcoal grills



Gas or propane stoves



Motor vehicles and boats



Heaters

PREVENT.

- ✓ Have fuel-burning appliances and heating systems checked each year by a professional. This includes hot water heaters, furnaces, gas ranges, dryers, chimneys and fireplaces.
- ✓ Don't use generators inside your home or garage, even if windows are open. Keep generators more than 20 feet away from the home.
- ✓ Don't heat your home with a gas stove or oven.
- ✓ Don't leave a motor vehicle running in an enclosed area.

DETECT.

- ✓ Install CO alarms on every floor of your home, especially near bedrooms.
- ✓ Always follow directions in the CO alarm manual.
- ✓ Check CO alarms regularly to make sure they're working.



PROTECT.

- ✓ If your CO alarm goes off, act right away. Gather your family, including pets, and go outside to fresh air.
- ✓ If someone has collapsed, had a seizure, has difficulty breathing, or cannot be awakened, call 911.
- ✓ If you have a CO exposure or have questions, call Poison Help: **1-800-222-1222**.



KNOW THE SIGNS OF CARBON MONOXIDE POISONING.

Early symptoms of CO poisoning can look like the flu.

They include:

- Headache
- Dizziness
- Nausea/vomiting



Later symptoms may include:

- Chest pain
- Confusion
- Passing out



POISON HELP
1-800-222-1222

WASHINGTON POISON CENTER
(800) 222 1222

Fast, free, expert advice. 24/7.