

10 WAYS TO BE CARBON MONOXIDE SAFE



1 **UNDERSTAND WHAT CARBON MONOXIDE (CO) IS**

CO is a poisonous gas that is odorless, tasteless, and invisible. If it goes undetected, it can lead to serious injury, especially when people are asleep.

2 **KNOW WHY CO IS DEADLY**

CO replaces oxygen in the blood and deprives the heart, brain, and other vital organs of oxygen.

3 **UNDERSTAND WHO IS AT RISK**

Anyone can be at risk, but the most vulnerable are infants, the elderly, and those with heart disease, anemia, or breathing problems.

4 **KNOW THE MOST DANGEROUS TIMES**

CO poisoning can happen any time, but the risk is particularly high in the winter because people use heating systems that can emit CO.

5 **TAKE PREVENTIVE ACTION**

Have your furnace, water heater, and gas-burning appliances serviced every year. Have your chimney checked and cleaned every year.

6 **AVOID ACTIVITIES THAT PRODUCE CO**

Never use portable flameless chemical heaters indoors. Never use a generator inside or less than 20 feet from a window, door, or vent.

7 **EXERCISE CAUTION IN THE GARAGE**

Exit the garage as soon as you turn on your vehicle and shut off the engine as soon as you arrive.

8 **DETECTION IS KEY**

Install a battery-operated or battery-backup CO detector in the hallway near each sleeping area in your home.

9 **KNOW THE SYMPTOMS OF CO POISONING**

Symptoms may include breathing problems, chest pain, convulsions, dizziness, drowsiness, headache, nausea, and vomiting. Deep red skin color is a rare but telltale indicator.

10 **WHAT TO DO IN AN EMERGENCY**

When you suspect CO poisoning, promptly taking the following actions can save lives: Immediately move the victim to fresh air in an open area. Call 9-1-1 for medical attention or assistance.

CARBON MONOXIDE FACTS

Carbon monoxide poses a very real risk to the safety of you and the ones you love.

Understanding the risk is your first step to staying carbon monoxide safe. CO poisoning leads to **more than 100,000** emergency room visits each year.

Fatal levels of CO can be produced in **minutes**, even if doors and windows are open. CO can cause **brain damage** or **death** before anyone realizes that there's a problem.

CO poisoning is entirely **preventable**.

CO poisoning is the nation's **leading cause of accidental poisoning deaths**. At least **2,100 people die** each year from CO poisoning.

VENTILATION DOES NOT GUARANTEE SAFETY