



PUBLIC SAFETY MESSAGE



CARBON MONOXIDE HAZARDS DURING WINTER

Carbon Monoxide (CO) poisonings usually occur during the winter months when people use heating sources that may produce hazardous CO levels. You can prevent CO poisoning by preparing your home heating sources for winter and by recognizing the symptoms of CO poisoning.

CO is a colorless, odorless gas produced by burning any fuel. According to the Centers for Disease Control and Prevention (CDC) about 20,000 Americans are treated in emergency rooms each year because of CO exposure; exposure to high levels of CO can cause death.

Common symptoms of CO poisoning include headache, dizziness, chest pain, nausea and vomiting.

You can protect yourself and your family from the dangers of CO poisoning by observing the following safety precautions:

- Install battery-operated CO alarms in your home, especially near heating sources. Change the batteries in the detector when you change your clocks from daylight saving time to standard time.
- Have a qualified technician check your heating systems, water heaters and other gas-, oil-, or coal-burning appliances every year.
- Have your chimney and flue inspected and cleaned yearly.
- Do not use gas-powered appliances such as ranges, ovens or clothes dryers to heat your home.
- Do not use camp stoves or charcoal grills inside your home or in the garage.
- Do not operate a generator inside your home or garage. Only operate a generator outdoors and away from doors, windows, and vents that could allow CO to seep indoors.
- Do not run a vehicle inside your garage, even if the garage door is open.

If you think you've been exposed to CO, seek medical attention immediately.

Get more information about CO poisoning at the CDC's website <http://www.cdc.gov/co/default.htm>.

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 CO detector in your home and 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 attention if you suspect CO poisoning and are feeling dizzy, light-headed, or nauseous.
- **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.