

PREVENTING CARBON MONOXIDE POISONING

- Have your heating system, water heater and any other gas-, oil-, or coal-burning appliances serviced by a qualified technician every year.
- Install a battery-operated carbon monoxide 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.
- Seek prompt medical attention if you are feeling dizzy, lightheaded or nauseated and suspect carbon monoxide poisoning.
- Never use a generator, charcoal grill, camp stove, or other gasoline or charcoal burning device inside your home, basement, or garage. When using a device outside, keep it away from windows.
- Don't run a car or truck inside a garage attached to your house, even if you leave the door open.
- Be sure to never burn anything in a stove or fireplace that isn't vented.
- Don't heat your house with a gas oven as CO fumes can build up in the kitchen.

Source: Centers for Disease Control and Prevention



UPSTATE
MEDICAL UNIVERSITY

The Upstate New York Poison Center provides you help both in a poison emergency and with poison safety information, 24 hours a day, 7 days a week, 365 days a year.

Calls to the poison center are answered by Specialists in Poison Information trained in managing poisoning emergencies. Medical and clinical toxicologists are also on staff to help manage your call.

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CARBON MONOXIDE



N★Co
Family Health

UPSTATE
MEDICAL UNIVERSITY

**UPSTATE CHILDREN'S
ENVIRONMENTAL
HEALTH CENTER**

CARBON MONOXIDE (CO) FACTS:

- ✓ CO is a gas that you cannot see, smell or taste.
- ✓ CO poisoning sends 20,000 children to Emergency Departments
- ✓ CO can kill
- ✓ CO detectors are not smoke alarms. You need both in your home

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WHERE DOES CO COME FROM?

Small amounts of CO are produced when fuels such as gas, oil, kerosene, charcoal or wood are burned. Normally the gases are sent outside through a chimney or venting system. If there is a problem with the system, the smoke or exhaust can leak inside your house and carbon monoxide could build up to dangerous levels within minutes.



**DO YOU HAVE ANY OF THESE IN YOUR HOME?
THEY CAN ALL PRODUCE DEADLY CARBON MONOXIDE.**

SOURCES OF CO:

- clothes dryers
- furnaces
- charcoal fires
- cars running in attached garage
- water heaters
- wood stoves
- fireplaces
- generators
- ovens
- kerosene heaters

HELPFUL TIPS:

- If you use a generator when the power goes out, don't use it "inside" your home, porch or garage. Place it at least 20 ft. from the house.
- Be sure chimney and flues are cleared to work properly

WHEN THE POWER GOES OUT, KEEP YOUR GENERATOR OUTSIDE.

WHERE TO PLACE CO DETECTOR:

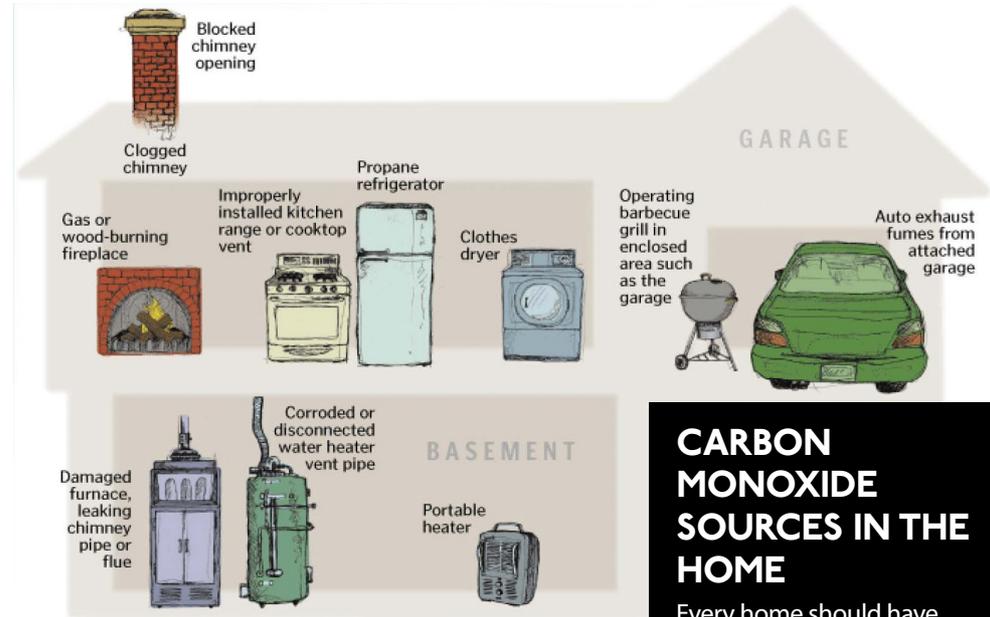
- Place detector in living area or bedroom – not in the basement
- Install CO detector at the level of a power outlet – 1 to 2 ft. above floor
- Be sure to place it at least 15 ft. from any fuel burning device
- Change battery every 6 months

WARNING SIGNS:

- A gas appliance with a yellow flame (it should burn blue)
- Soot build-up on or around your appliances
- Rust stains on vents or chimneys
- Increased moisture on windows
- Lack of hot water
- Furnace running longer and not heating well

Call a certified repairman immediately if you see any of these warning signs.

A HOME WITHOUT A CO DETECTOR IS LIKELY TO HAVE 5 TIMES HIGHER CO LEVELS BY THE TIME EMERGENCY HELP ARRIVES. (CDC)



CARBON MONOXIDE SOURCES IN THE HOME

Every home should have a carbon monoxide detector, the US Consumer Product Safety Commission recommends. But even more important, according to the commission, is awareness of the possible sources of CO and annual service inspections of appliances, such as furnaces, that could leak the gas.

WHAT TO DO IF ALARM SOUNDS:

- If the alarm sounds, move everyone outdoors or get fresh air immediately
- Call the Upstate New York Poison Center at 1-800-222-1222
- If anyone is unconscious or having seizures call 911

SIGNS OF CO POISONING:

Flu-like symptoms such as:

- headache
- dizziness
- weakness
- nausea or vomiting

CAN LEAD TO:

- seizures
- coma
- death

WHAT YOU CAN'T SEE CAN HARM YOUR FAMILY.

IF NOT FEELING WELL, ASK YOURSELF:

- Do your symptoms occur only in the house?
- Do they disappear or decrease when you leave home and reappear when you return?
- Is anyone else in your household complaining of similar symptoms? Did everyone's symptoms appear about the same time?
- Are you using any fuel-burning appliances in the home?
- Has anyone inspected your appliances lately?
- Are you certain they are working properly?