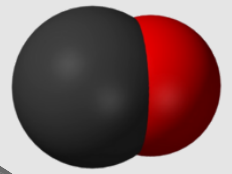
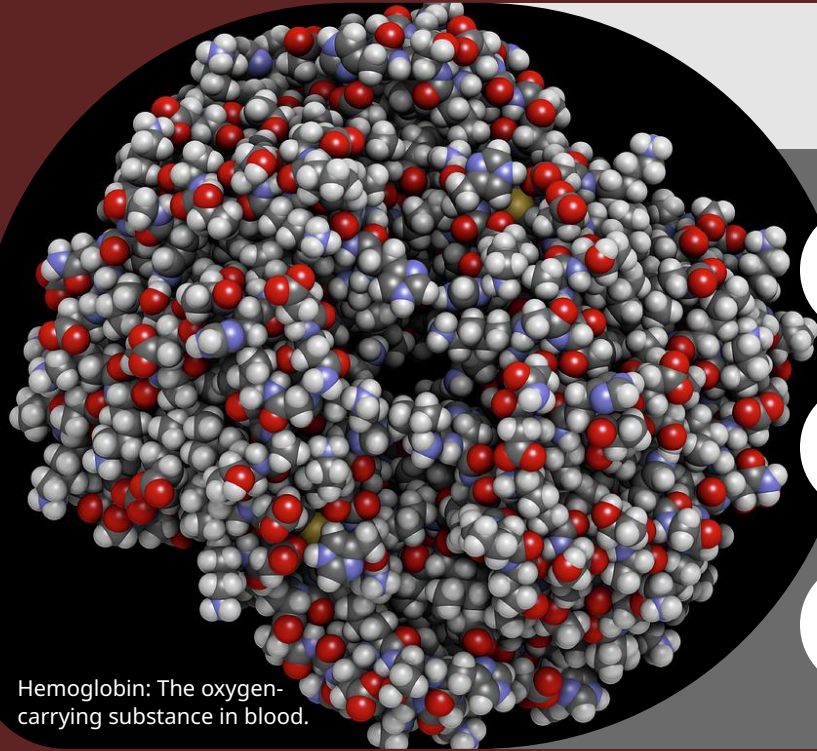


# Carbon Monoxide

## A Silent Killer



Carbon Monoxide (CO), known as the "silent killer" or "invisible killer," is a poisonous gas created by fuel burning. CO cannot be seen, smelled, tasted, or heard, but it can be stopped.



Hemoglobin: The oxygen-carrying substance in blood.

### Sources of CO



#### Vehicles:

Avoid leaving vehicles running in an enclosed space (like a garage).



#### Appliances:

Check for leaks. Have gas appliances serviced by a certified professional.



#### Grills & Generators:

Always use charcoal or propane grills, as well as portable generators, outdoors.

### Symptoms of CO Poisoning

#### MILD

Mild/moderate headache, shortness of breath, nausea/vomiting, dizziness, fatigue, blurred vision.

#### MODERATE

Severe headache, chest pain, nausea/vomiting, disorientation, memory loss/confusion, loss of consciousness.

#### SEVERE

Loss of consciousness, coma, convulsions, heart attack, death

### CO Alarms

- ✓ **Install** CO alarms outside sleeping areas and on every level of the home. Follow the alarm manufacturer's guide for installation and placement.
- ✓ **Test** CO alarms monthly. Replace the batteries every six months.
- ✓ **Consider** purchasing a portable CO alarm for travel (hotels, rentals, etc).
- ! **If the alarm goes off, get out of the house and call 9-1-1.**