

# CARBON MONOXIDE

*Toxic gas which can cause sudden illness and death!*

## Carbon monoxide (CO)

- Colorless, odorless gas
- Enters bloodstream, replaces oxygen, resulting in lack of oxygen reaching cells of vital organs, serious tissue damage, and death

## CO sources

- Use of alternative sources of fuel or electricity such as stoves, BBQ grills, propane heaters, gasoline or diesel powered generators, etc.
- Exposure to automobile or boat exhaust, house fires

## Symptoms

- Malaise, fatigue, lethargy, drowsiness, confusion, dizziness, headache
- Agitation, impulsiveness, distractibility, hallucination
- Chest pain, palpitation, nausea, vomiting
- Gait, memory, or visual disturbance; seizures



## Prevention strategies

- CO poisoning is extremely difficult to diagnose, frequently misdiagnosed as a simple headache or viral syndrome. Accordingly, a high index of suspicion must be maintained.
- Install a battery-operated or battery back-up CO detector in your home. Replace your CO detector every five years.
- Do not use portable flameless chemical heaters or portable gas camp stove indoors.
- Never use a gas range or oven for heating – it can cause a build up of CO inside your home, cabin, or camper.
- Never use a generator inside your home, basement, or garage or less than 20 feet from any window, door, or vent.
- Make sure your gas appliances are vented properly and your heating system, water heater, and any other gas, oil, or coal burning appliances serviced annually.