

# Carbon Monoxide Poisoning

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# What is Carbon Monoxide

- Colorless
- Odorless
- Tasteless
- Dangerous Gas

# Sources of Carbon Monoxide

- **Gas Appliances**
  - **Furnaces**
  - **Ranges**
  - **Ovens**
  - **Water Heaters**
  - **Clothes Dryers**
- **Fireplaces and Wood Stoves**
- **Coal or Oil Furnaces (Used in the Eastern USA)**
- **Space Heaters**
- **Charcoal Grills and Camping Stoves**
- **Gas Powered Lawn Mowers and Power Tools**
- **Automobile Exhaust**

# Health Effects of Carbon Monoxide

Once inhaled, CO attaches to the hemoglobin in the red blood cells. Hemoglobin normally carries Oxygen throughout the body. When it attaches, it blocks the oxygen the body must have, causing a wide range of health issues

# Low Level CO Inhaling Effects

- Headache
- Nausea
- Dizziness
- Weakness
- Confusion
- Disorientation
- Inhaling Low Levels of CO regularly, may cause permanent mental and physical problems

# High Levels CO Inhaling Effects

- Sleepiness
- Nausea
- Anxiety or Depression
- Vomiting
- Confusion
- Impaired Vision and Coordination
- Inhaling High Levels can cause death.

# Protection from CO

- Appliances are properly Vented
- Heating System, Chimney, and Flue inspected by qualified technician every year
- Furnace has adequate intake of outside air
- Do not use ovens and gas ranges to heat your home
- Do not burn charcoal or camp stoves inside home or recreational vehicles
- Do not Operate Gas Powered engines in confined spaces, such as, garages and basements
- Install a CO detector with an audible alarm near sleeping areas
- Don't exercise near a busy street or highway

# To Do List if CO Monitor Goes Off

- Make sure it is not the smoke detector
- Check if any member is experiencing any symptoms
- Get them out of the house immediately and seek medical attention
- Ventilate the Home
- Turn off any potential sources of CO
- Have a qualified technician inspect your appliances



