Carbon Monoxide (CO) is a gas that has no color, smell, or taste. Breathing carbon monoxide can cause death.

What Are Sources of Carbon Monoxide?
- Generators
- Furnaces and Portable Heaters
- Cars and Trucks
- Fireplaces and Wood Stoves
- Gas Stoves or Grills

What are Symptoms of Carbon Monoxide Poisoning?
- Headache and dizziness
- Nausea and Vomiting
- Confusion
- Quick Heartbeat and Shortness of Breath
- Drowsiness

How does this happen?
Carbon Monoxide can build up quickly in enclosed spaces, even with windows and doors open.

Who is most affected?
- Infants and young children
- Pregnant women and their fetuses
- Children exposed to secondhand smoke are at higher risk of carbon monoxide poisoning.

What can I do?
1. Never use a generator inside the house and make sure it is more than 6 meters from your home, windows, and doors.
2. When using heaters, automobiles, fireplaces and gas stoves, make sure the area is well-ventilated with open windows and doors.
3. Install battery-powered CO detectors in your home and check frequently that they are working.
4. If you or someone else is experiencing carbon monoxide poisoning, move to fresh air and seek medical attention.

This fact sheet was created by PEHSU Region 2 team referencing CDC (2019). Generator Safety Fact Sheet (https://www.cdc.gov/coronavirus/2019-ncov/covid-19/prevention-prep/clean-up/generators-prevent.html) as well as PEHSU (2013).Carbon Monoxide Poisoning in Children: Guidance for Disaster Events (https://www.pehsu.net/Publication-Carbon_Monoxide_Poisoning.html). PEHSU is supported by the American Academy of Pediatrics (AAP) and funded in part by the cooperative agreement award number 1 U91TS000296-01-00 from the Agency for Toxic Substances and Disease Registry (ATSDR). The U.S. Environmental Protection Agency (EPA) supports the PEHSU by providing partial funding to ATSDR under Inter-Agency Agreement Number DW-75-958777701. Neither EPA nor ATSDR endorse the purchase of any commercial products or services mentioned in PEHSU publications.