

Carbon Monoxide



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.