

Keep Your Family Safe from Carbon Monoxide

DOs

- Do have a technician service your heating system, water heater and any other gas, oil or coal burning appliances.
- Do install a battery-operated CO detector in your home and check or replace the battery regularly.
- Do seek prompt medical attention if you suspect CO poisoning and are feeling dizzy, light-headed or nauseous.

DON'Ts

- Don't use a generator inside your home, basement, garage, shed or near a window.
- Don't use a charcoal grill, camp stove or other gas burning device inside your home, basement or garage.
- Don't idle a car or truck inside a garage attached to the house, even if you leave the door open.
- Don't burn anything in a stove or fireplace that is not properly vented to the outdoors.

Carbon Monoxide Poisoning



Annual Checklist to Prevent Carbon Monoxide Poisoning

- Check that all gas appliances are working properly
- Check that all gas appliances are vented properly
- Check the battery and placement of all CO detectors
- Check the vent system of all heaters that use fuel such as gasoline, propane or kerosene
- Check the exhaust of water heaters, ranges and dryers
- Check chimneys for cracks, holes, debris and blockage
- Check the exhaust system of all automotive vehicles
- Check boats for "back drafting" of exhausts
- Check to be sure you know people poisoned by carbon monoxide often feel dizzy, light-headed or nauseous

**Tennessee Department of Health
Communicable and Environmental Diseases
and Emergency Preparedness
4th Floor, Andrew Johnson Tower
710 James Robertson Pkwy
Nashville TN 37243**

Phone: 615-741-7247
<http://health.tn.gov>

Fax: 615-741-3857
ntsip.health@tn.gov



Authorization No. 343166.
1,000 copies. February 2014.
Document cost \$0.08 per copy.



Carbon Monoxide (CO)

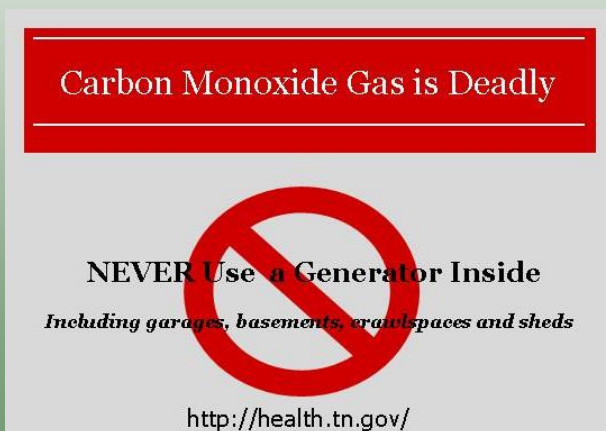
Carbon monoxide or CO, is a poisonous gas that cannot be smelled, seen or tasted. At high levels, CO can cause unconsciousness or even death in minutes. In enclosed, semi-enclosed or poorly ventilated areas, CO can quickly build to unsafe levels.

How can someone be poisoned?

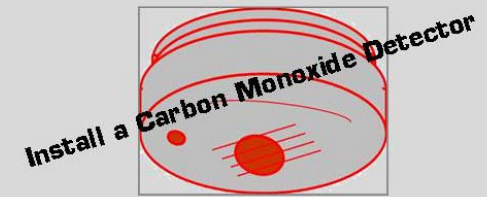
CO is produced by the incomplete combustion of fuel. People may be exposed to unsafe levels of CO by using these items without proper ventilation:

- Generators
- Cars, trucks, boats and other vehicles
- Gasoline-powered lawn equipment
- Gas furnaces
- Gas stoves
- Lanterns
- Charcoal and wood

Any heating system or appliance that burns gas, oil, wood, gasoline, propane or kerosene may produce CO!



Carbon Monoxide Gas is Deadly



What are the symptoms of CO poisoning?

- Headache
- Dizziness
- Fatigue
- Nausea
- Vomiting
- Shortness of breath
- Chest pain
- Weakness
- Confusion
- Loss of consciousness

Exposure to high levels of CO can be fatal.

Who is at greater risk?

While all people are at risk for CO poisoning, some peoples are more easily affected:

- Unborn babies
- Infants and children
- Pregnant women
- People with chronic heart disease, anemia or respiratory problems
- People who already have elevated carbon monoxide blood levels, such as smokers