

Carbon Monoxide (CO)

Carbon Monoxide (CO) is a deadly gas that has no odor or color. Because you cannot smell, taste or see it, CO can cause harm or even death before you know it is in your home. When CO is inhaled, it replaces the oxygen in your blood, your organs and tissues then absorb the deadly gas. Early symptoms of CO poisoning may include headache, fatigue, nausea, dizziness, vomiting, confusion, breathing problems and fainting. People often mistake these symptoms for the flu or other illnesses. CO poisoning may lead to unconsciousness and death. CO poisoning can be very dangerous for infants, people with anemia, people with a history of heart disease and pregnant women and their unborn babies.

**IF YOU SUSPECT YOU
CAME IN CONTACT
WITH ANY POISON
PLEASE CONTACT THE
POISON CENTER AT
1800-222-1222**

Sources of Carbon Monoxide

- Wood stoves and fireplaces
- Unvented gas and kerosene space heaters
- Gas stoves
- Leaking chimneys/furnaces/boilers
- Charcoal/gas grills
- Tobacco smoke
- Gas water heaters
- Lawn mowers or other gasoline powered tools



Preventing Carbon Monoxide Poisoning

To help protect you and your family from CO, follow these safety tips:

- Have gas-burning appliances and venting and chimney systems in your home checked at the beginning of each heating season by a trained professional. Repair any leaks right away.
- Follow directions for proper installation and maintenance of gas-burning appliances
- Install and use an exhaust fan vented to outdoors over gas stoves.
- Open flues when fireplaces are in use.
- Do not use an oven or gas range to heat your home.
- Do not leave the fireplace or space heater on while you are sleeping.
- Never use a charcoal grill inside your home, tent or garage.
- Only use charcoal grills outdoors.
- Never leave a car engine on in your garage, even if the garage door is open.
- Do not sleep in a parked car while the engine is on.
- Have the exhaust system in your car checked for possible leaks.
- While driving a pick-up truck, never let anyone travel or sleep in the covered bed.
- Install a carbon monoxide detector with a loud alarm in your home and garage.

Carbon Monoxide Detectors

The Consumer Product Safety Commission (CPSC) recommends that a carbon monoxide detector should be installed in hallways near the sleeping areas of every home. Also carbon monoxide detectors should be installed above permanently-installed fuel-burning appliances.

Read the label on the package and follow the directions on where to place the CO detector.

Remember, CO detectors are for added safety, not as a replacement for proper use and maintenance of your appliances.



Know What To Do In A Poison Emergency

- Keep the phone number of the Oregon Poison Center (OPC) on or near your phones.
- If you think someone has been poisoned by CO, move the victim to fresh air right away.
- Call the OPC at 1-800-222-1222 to get help, even if the symptoms go away.
- Get a professional technician to check what caused the CO problem.

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