

Protect Your Family Against Carbon Monoxide Poisoning

Increased gas prices will increase winter utility bills. Some people may want to use fuel burning heaters inside their home. This can cause carbon monoxide poisoning.



Every year, thousands of people are treated in the ER for CO poisoning. Over 200 people die each year.

Carbon monoxide is produced by:

- Fuel burning appliances like furnaces, ranges, and water and room heaters;
- Appliances that uses natural gas, LP gas, oil, kerosene or wood;
- Charcoal burnt inside a home or car; and
- Cars left running in attached garages.

Carbon monoxide is colorless, has no odor and is poisonous. Symptoms of CO poisoning are like flu symptoms, but without a fever. They include:

- Headache,
- Fatigue (feeling tired),
- Shortness of breath,
- Nausea, and
- Dizziness.

Unborn babies, infants and people with anemia or heart disease are especially at risk.

You can keep your family safe from CO poisoning.

- Install a CO detector/alarm. Place it in a hallway near every sleeping area. Install it on a wall or ceiling outside the bed rooms.

Make sure it is not covered by draperies or curtains. The alarm should meet the current UL standard 2034 or the requirements of the IAS 6-96 standard.

- Never burn charcoal inside a home, garage, vehicle or tent.
- Never use portable fuel-burning camping equipment inside a home, garage, vehicle or tent.
- Never leave a car running in an attached garage, even with the garage door open.
- Never service fuel-burning appliances without proper knowledge, skill and tools.
- Never use gas appliances such as ovens or clothes dryers to heat your home.
- Never operate unvented fuel-burning appliances in any room with closed doors or windows. Never use them in any room where people are sleeping.
- Never use gasoline-powered tools and engines indoors.
- Make sure appliances are installed by professionals. Follow the manufacturer's instructions.
- Have your heating system, chimneys and vents inspected and serviced every year.

If you think you have symptoms of CO poisoning, **get fresh air immediately**. Open windows and doors. Turn off the heating appliances. Leave the house. Call the fire department. Contact your doctor immediately. If you do nothing, you could lose consciousness and die.

Make this a safe winter season for your family.

Call the Parent Help Line. We listen. We can find you help.

1-217-544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m., 7 days a week.