**Carbon Monoxide is dangerous!** 
"CO poisoning from the use of fuel burning appliances kills at least 200 people each year and sends more than 5,000 to hospital emergency rooms for treatment. Others die from CO produced while burning charcoal inside a home, garage, vehicle or tent. Still others die from CO produced by cars unintentionally left running in attached garages."

**What is Carbon Monoxide?** 
Carbon monoxide (CO) is an odorless and colorless gas which could be created whenever a fuel (such as wood, gasoline, coal, natural gas, kerosene, etc.) is burning.

**What are the symptoms of CO detectors & properly maintained combustion appliances can save lives!**
Carbon monoxide (CO) detectors can help alert you to increased levels of carbon monoxide in your home, but they are not foolproof! CALL A PROFESSIONAL!

**What to do if you suspect Carbon Monoxide is present in your home:**

**Call**
If your detector alarm sounds and you are experiencing symptoms of carbon monoxide poisoning, leave your home immediately and call your local emergency services number or 911 if it is available in your area.

**CHECK**
If your detector alarm sounds and you have no symptoms of carbon monoxide poisoning: First check the detector, push the reset button (if available). Get fresh air to the building, and check for sources of carbon monoxide. Turn off any suspicious or obviously malfunctioning appliances or other sources of combustion. Levels of CO higher than those measured outside warrants further investigation, though may not be an immediate health risk.

**Who is at risk?**
Everyone is at risk of being poisoned by carbon monoxide. However, individuals with existing health problems such as heart and lung disease and the elderly are especially vulnerable. Infants, children and pregnant women are also at risk.

**How does Carbon Monoxide harm you?**
Quite simply, carbon monoxide prevents oxygen from being used by your body. Carbon monoxide is poisonous and can harm your central nervous system.

**Take These Precautions**
The CPSC recommends that consumers have their furnaces, water heaters, and other fuel-burning appliances inspected yearly by a qualified service professional. Chairman Ann Brown says: “And every home should have at least one CO detector that meets the requirements of the most recent Underwriters Laboratories standards.”

**How MUCH IS TOO MUCH?**
These levels should be referenced to the effects on healthy people. Health effects can vary significantly based on age, sex, weight, and overall state of health.

- **12,000 PPM** Death within 1 - 3 minutes
- **1600 PPM** Nausea within 20 minutes, death within 1 hour
- **800 PPM** Nausea and convulsions - death within 2 hours
- **400 PPM** Frontal headaches 1-2 hours life threatening within 3 hours
- **50 PPM** Maximum level for continuous exposure in an 8 hour workday
- **10-35 PPM** Marginal - Small children, elderly, and those suffering respiratory or heart problems cautioned
- **9 PPM** The concentration often found on busy city streets
- **1 – 9 PPM** Any increase of CO from outside warrants further investigation though may not be an immediate health risk

*PPM = parts per million molecules of air.

**Common symptoms associated with carbon monoxide poisoning:**
- headaches
- dizziness
- weakness
- nausea
- rapid heartbeat
- loss of consciousness
- cardiac arrest

This list is not meant to serve as a diagnosis of carbon monoxide poisoning, but it is meant to provide information on carbon monoxide poisoning symptoms. Always check with your doctor.

**Longterm Exposure**
Health effects are related to the level of CO concentration and length of exposure. New studies indicate that chronic, low level exposure can have serious health consequences.

**What can I do to protect myself and my family?**
- Use non-electrical space heaters only in well-ventilated areas.
- Don’t start or leave running cars, trucks, or other vehicles in an enclosed area.
- Every home should have at least one CO detector that meets UL standards.
- Have your furnace and other fuel burning appliances cleaned and inspected by a qualified professional once a year or before each heating season.
- Make sure your service professional tests each appliance using a testing instrument that can detect carbon monoxide.
- Don’t wait until symptoms occur! BE SAFE!

*CPSC 1997*
What are the sources of carbon monoxide?

Remember there are many more possible sources & causes of carbon monoxide:

- Appliances in cabins or campers
- Recreational Vehicles
- Lack of adequate ventilation
- Space Heaters
- Bathroom & clothes dryer exhausts vented to outside in an airtight home can interfere with other vented appliances & create CO.

*Common household appliances should not normally produce carbon monoxide, but CO production is possible if they are malfunctioning or not vented properly. Have all combustion appliances tested yearly.

If you don't test, you don't know!