

Know how to prevent... carbon monoxide poisoning!

How do I prevent my family and myself from being poisoned?

- Read and follow instructions when installing appliances or have a trained professional do the installation.
- Read and follow instructions for any fuel-burning devices before using, as the manufacturer may have listed cautions.
- Always maintain appliances according to the manufacturer's recommendations, which should include inspections and service annually by a trained service technician.
- Look around your home for problems that could indicate maintenance might be needed (as shown in the diagram).
- Install CO detectors in several areas of your home and know what the alarm sounds mean. It is recommended to have one in the stairwell of the basement stairs and in the hallway outside the bedrooms, nearest to the living area. Test your CO alarm routinely and replace dead batteries.

It is important to note that while CO alarms may provide peace of mind, they are not a substitute for proper installation, use, and maintenance of appliances that are potential sources of CO.

**EACH YEAR
HUNDREDS OF PEOPLE
IN THE UNITED STATES
DIE FROM UNINTENTIONAL
EXPOSURE TO
CARBON MONOXIDE
POISONING.**

**INFANTS, PREGNANT WOMEN, PEOPLE
WITH LUNG OR HEART DISEASE, AND PEOPLE WITH
ANEMIA ARE ESPECIALLY VULNERABLE TO
THE EFFECTS OF CARBON MONOXIDE POISONING.**

Local Resources

The Regional Center for Poison Control
www.maripoisoncenter.com
800-222-1222

Rhode Island Department of Health
www.health.ri.gov/healthrisks/poisoning/carbonmonoxide
401-222-5960

If you suspect a carbon monoxide problem, call your local fire department. If your CO detector goes off, call 911.

National Resources

Centers for Disease Control and Prevention
www.cdc.gov/co/faqs.htm
800-232-4636

Consumer Products Safety Commission
www.cpsc.gov/cpscpub/pubs/466.html
800-638-2772

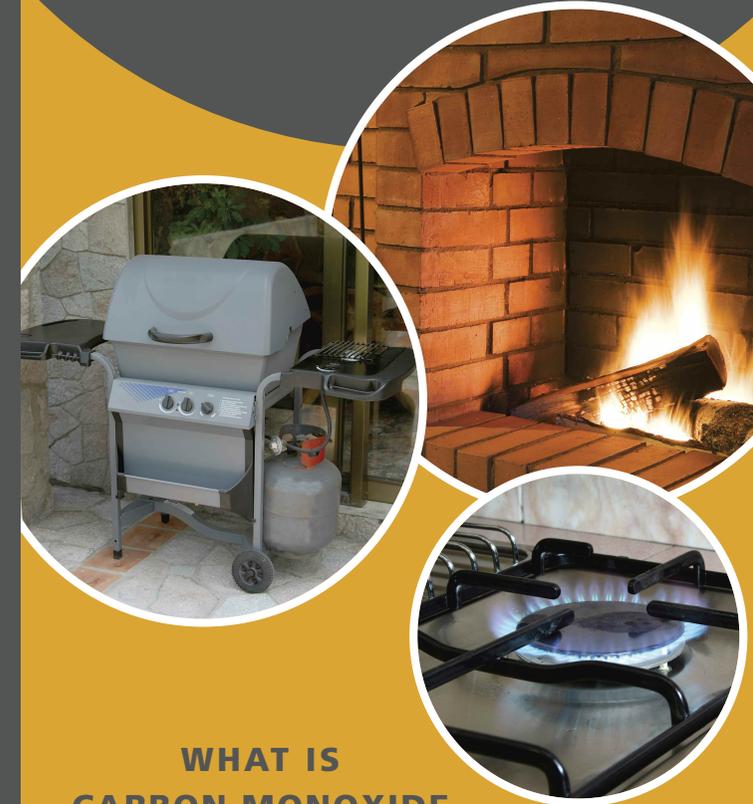
Department of Housing and Urban Development
www.hud.gov/offices/lead/healthyhomes/carbonmonoxide.cfm
Providence Field Office, 401-277-8300

Environmental Protection Agency
www.epa.gov/air/urbanair/co
888-372-7341



Healthy Homes and Environment Team

Carbon Monoxide Poisoning

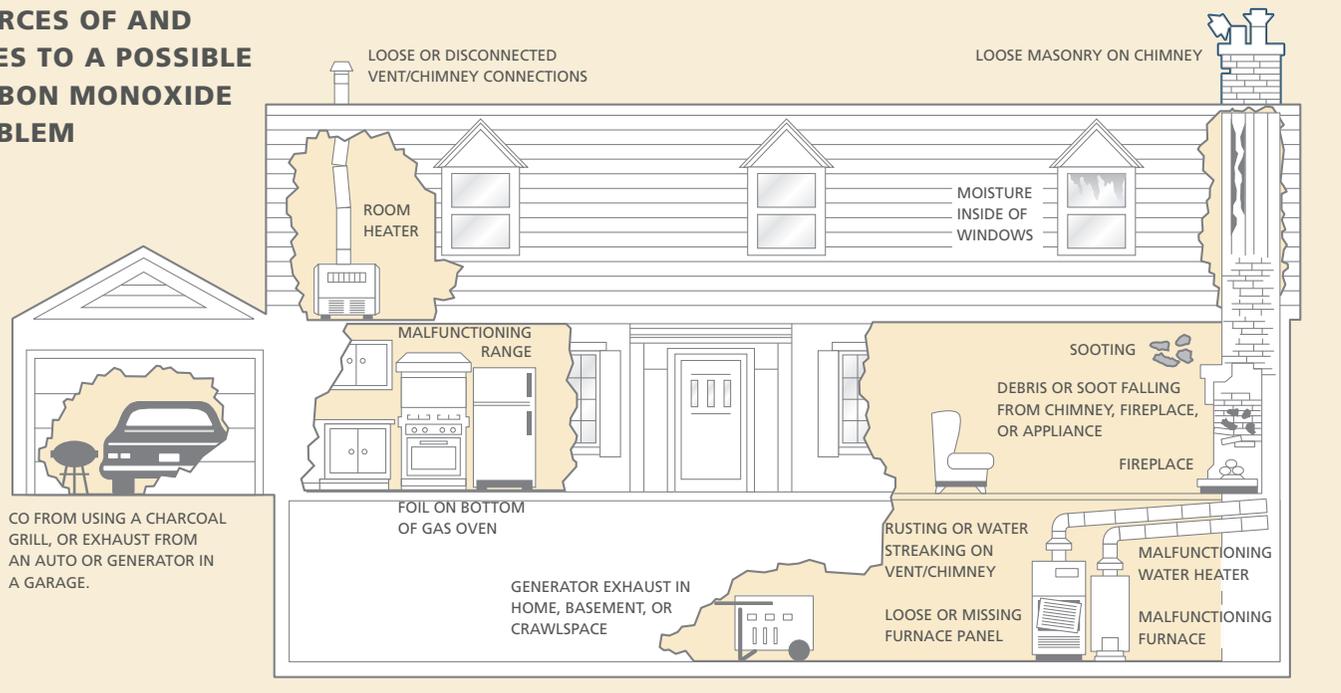


WHAT IS CARBON MONOXIDE POISONING?

Carbon Monoxide (CO) is a gas produced by burning any type of fuel – gas, oil, kerosene, wood, or charcoal. It can build up suddenly or over a long period of time.

It's not something you can see, not something you can smell, and not something you can taste. But if you accidentally breathe too much of it, the results could be deadly in a very short amount of time.

SOURCES OF AND CLUES TO A POSSIBLE CARBON MONOXIDE PROBLEM



Know what to do... if you have symptoms of carbon monoxide poisoning!

- Leave the area immediately and get fresh air.
- If symptoms are severe, call 911 immediately from another location (not inside your home).
- Call your local fire department to have the CO level checked in your home.
- Contact the Poison Center at 800-222-1222 for more information.
- Make an appointment with your doctor if you have any signs of illness or if symptoms lessen or disappear when you are away from your home.

Know the facts... about carbon monoxide poisoning!

CO comes from any source that burns fuel (like furnaces, fireplaces, cars, powerboats, wood stoves, kerosene space heaters, charcoal grills, and gas appliances, such as water heaters, ovens, and dryers). If maintained and used properly, these appliances are not a problem. Carbon monoxide becomes a problem when:

- Vehicles (i.e. cars and trucks) are left running in enclosed spaces or an attached garage and CO builds up or leaks back into your home.
- You sit in an idling car or swim behind an idling boat.
- Fuel-burning appliances or heating systems are not installed or used properly.
- Portable fuel-burning heating units or generators are used indoors when the windows are kept closed.
- Chimneys and flues become damaged or blocked when not maintained.
- Homes are too tightly sealed and insulated causing CO to be trapped in living areas.
- You burn charcoal inside your home, or in a tent, vehicle, or garage.

Know the signs... of carbon monoxide poisoning!

Health effects could occur over a short or long period of time. Symptoms can mimic other illnesses, such as the flu. If you have symptoms and there's a chance they could be from carbon monoxide exposure, **leave the area right away and call 911**. You do not want to risk passing out... or worse.

Initial symptoms of CO poisoning:

- Headache
- Dizziness
- Nausea
- Fatigue
- Shortness of breath

Additional signs that you might be exposed to CO:

- Headaches occur only while indoors
- You feel better when you're outdoors
- Others you live or work with have the same symptoms

UNVENTED HEATERS ARE UNSAFE!

Any fuel-burning appliance in your home is a potential source of CO.

Therefore, it is recommended that ALL homes have smoke and carbon monoxide detectors in working condition.

Never install or service combustion appliances without proper knowledge, skills, and tools.

Never use a gas range, oven, or dryer for heating your home.

Never operate an unvented gas-burning appliance in a closed room or in a room while you sleep.