

Carbon Monoxide



Carbon monoxide (CO) is a colorless, odorless, and tasteless gas that can be deadly if inhaled in large quantities. When you inhale carbon monoxide, it combines with your blood more readily than oxygen and interferes with the normal transport of oxygen in your body.

The initial symptoms of CO poisoning are similar to the flu (but without the fever). They include:

- Headache
- Fatigue
- Shortness of Breath
- Nausea
- Dizziness

Many people with CO poisoning mistake their symptoms for the flu or are misdiagnosed by physicians, which sometimes results in tragic deaths.

What should you do if you are experiencing symptoms of CO poisoning?

If you think you are experiencing any of the symptoms of CO poisoning, get fresh air immediately. Open windows and doors for more ventilation. Leave the house and call your local fire department to report your symptoms. **DO NOT** call from inside your home as a spark may be created causing a potentially deadly situation. It is also important to contact a doctor immediately for a proper diagnosis. Tell your doctor that you suspect CO poisoning is causing your symptoms. Lastly, before turning your fuel-burning appliances back on, make sure a qualified service professional checks them for malfunction.

How should I install a CO detector?

CO detectors should be installed according to the manufacturer's instructions. It is recommended that one CO alarm be installed in the hallway outside of the bedrooms in each separate sleeping area of the home. CO alarms may be installed into a plug-in receptacle or high on the wall. Make sure furniture and draperies do not cover the alarm.

Carbon monoxide detectors really can save lives!