

CARBON MONOXIDE FACTS

PROTECT YOURSELF FROM THE INVISIBLE POISON



Carbon monoxide (CO) is a poisonous gas. You cannot see, taste or smell carbon monoxide. It is released when fuels such as wood, oil or gasoline are not burned completely.

COMMON SOURCES OF CO

- Oil, wood or gas furnace
- Gas stoves or dryers
- Gas space heaters
- Gas or oil water heaters
- Gasoline-powered vehicles and tools such as lawn mowers, snow blowers, chain saws and weed-eaters
- Charcoal grills
- Candles and gas lanterns
- Portable generators

PREVENTION TIPS

- When you run a gas powered lawn mower or tool, make sure there is good air flow.
- Use charcoal and gas grills only in places where air flows freely.
- Never let your car run in the garage, even if the garage door is open.
- Do not sleep in a parked car while the engine is running.
- Have your car's exhaust system inspected for leaks.
- Use a CO detector in your home.

SIGNS & SYMPTOMS

- A throbbing headache
- Drowsiness
- Confusion
- Heart irregularities

FIRST AID

- If your CO detector goes off, leave your home.
- If you think someone has been exposed to CO, fresh air is the most important treatment.
- Open the windows and help the victim outside.
- Once you are out of immediate danger, call Tennessee Poison Center for help: 1-800-222-1222.

