

What is carbon monoxide?

Carbon monoxide, a colorless, odorless, and tasteless gas, can be *deadly*. It can kill slowly or quickly. Carbon monoxide may cause permanent brain damage and harm other parts of the body such as the heart. It affects people of all ages, particularly infants, children, pregnant women, and the elderly.



Carbon monoxide poisoning can be avoided with three steps:

Prevention,
Detection, and
Rapid Appropriate Treatment

What are the symptoms of carbon monoxide?

Common symptoms include, but are not limited to:

Signs of carbon monoxide poisoning



Consider carbon monoxide poisoning when these symptoms occur in the winter, in enclosed spaces, and in multiple people and animals at the same time.

Carbon monoxide can kill. Don't let yourself be a victim!

What is Rapid Appropriate Treatment?

Get to fresh air immediately!

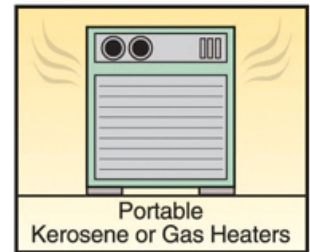
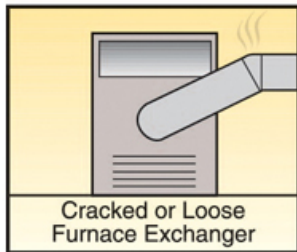
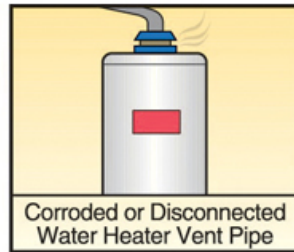
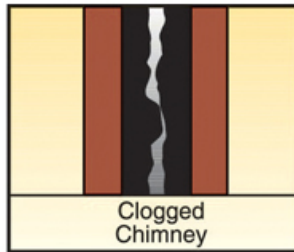
Call 911

Begin CPR if necessary

How can I prevent carbon monoxide poisoning in my home?

Take simple steps to prevent carbon monoxide poisoning:

- Have your furnace inspected and adjusted before each heating season
- Have your chimney, fireplace, wood stoves, and flues inspected before each heating season
- Have chimneys and flues repaired professionally as needed
- Do not use your oven or stove to heat your home
- Do not leave your car running in an enclosed or attached garage
- Do not use indoors any device/appliance which is not labeled for indoor use. Examples include:
 - ◆ Charcoal grills
 - ◆ Gasoline generators
 - ◆ Hibachi grills
 - ◆ Kerosene space heaters



- Install a carbon monoxide alarm outside each sleeping area in your home. Should the alarm sound, open the windows, leave the area, and call the appropriate number (depends on your county-- may be Emergency Services, Gas/Electric/Utility company, etc) to assess the situation and determine the cause. Ideally an alarm is placed on each level of a home.

If you think you or your family have been exposed, or have questions, call the Rocky Mountain Poison Center at 800-222-1222.

