



# Safety Tip of the Week

## Carbon Monoxide Poisoning

Carbon monoxide (CO) is an odorless, colorless gas that kills without warning, claiming the lives of hundreds of people every year and makes thousands more ill.

Household items, including gas- and oil-burning furnaces, portable generators, and charcoal grills can produce this poison gas.



### Symptoms and Risk of CO Poisoning:

- Headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion. CO symptoms are often described as “flu-like;”
- Breathing in a lot of CO can make you pass out or even kill you, while sleeping or drunk, before having any symptoms;
- Everyone is at risk for CO poisoning. Infants, the elderly, and people with chronic heart disease, anemia, or breathing problems are more likely to get sick from CO; and
- Each year, more than 400 Americans die from unintentional CO poisoning not linked to fires, more than 100,000 visit the emergency room, and more than 14,000 are hospitalized.

### Reduce the Risk:

- Ensure you are aware of the variety of items and situations that can produce this ***poisonous/deadly gas***; and
- Ensure you ***have, use, and maintain*** your working CO Detectors in appropriate locations for protection.

***BE AWARE OF THE ODORLESS, COLORLESS GAS THAT CAN KILL!***