WHO IS THE CO WORKING GROUP?
Carbon Monoxide or CO is:

- Odorless
- Colorless
- Can cause sudden illness and death
WHERE IS IT FOUND?

CO is found where any fuel is burned:

- Gas
- Oil
- Kerosene
- Wood
- Charcoal
Examples of CO Sources are:
- Cars and trucks
- Small gas engines
- Stoves
- Lanterns
- Burning charcoal & wood
- Gas ranges
- Heating systems
What are the symptoms of CO poisoning?

The most common symptoms are:

- Headaches
- Dizziness
- Weakness
- Nausea
- Vomiting
- Chest pain
- Confusion
What are the symptoms of CO poisoning?

- High levels of CO inhalation can cause loss of consciousness & death.

- People who are sleeping or intoxicated can die from CO poisoning before ever experiencing symptoms.
What are the symptoms of CO poisoning?

Unless suspected, CO poisoning can be difficult to diagnose because the symptoms mimic other illnesses such as flu.

If you suspect CO poisoning, get fresh air immediately, and then call 911.
Red blood cells pick up CO quicker than they pickup oxygen.

If there is a lot of CO in the air, the body may replace oxygen in blood with CO.

This blocks oxygen from getting into the body.
All people and animals are at risk for CO poisoning.

Unborn babies, infants, & people with chronic heart disease, anemia, or respiratory problems are at *most* risk.
Each year in the United States:
- >400 Americans die from unintentional poisoning
- >20,000 visits to the emergency room
- >4,000 are hospitalized due to CO poisoning.

Fatality is highest among Americans 65 and older.

In 2013 NH had 186 emergency room visits due to potential CO poisoning.
HOW CAN I PREVENT CO POISONING IN MY HOME?

- Have a trained professional inspect, clean and tuneup central heating system (furnaces, flues, and chimneys) annually. Repair any leaks promptly.
- Install CO alarm(s) with battery backup outside of sleeping areas.
- Test your CO alarm(s) frequently and replace batteries twice a year.
- Do not use a gas oven to heat your home, even for a short time.
HOW CAN I PREVENT CO POISONING IN MY HOME?

- Do not idle your vehicle inside your garage.
- Do not sleep in any room with an unvented gas or kerosene space heater.
- All gas appliances must be vented to the outside. Keep gas appliances properly adjusted.
- Install and use an exhaust fan vented to outdoors over gas stoves.
HOW DO I VENT MY GAS APPLIANCES PROPERLY?

- All gas appliances must be vented to the outside so that CO will not build up in your home, cabin or camper.
- Never use your stove or fireplace if it is not vented.
- Have your chimney checked and cleaned every year.
Never put a home-made patch on a vent pipe.
Horizontal vent pipes should never be perfectly level.
Tip pipes slightly upward as they go towards outside.
HOW DO I HEAT OR COOK WHEN THE POWER IS OUT?

- Never use a gas stove or oven to heat your home.
- Never bring a BBQ grill indoors to cook.
- Never burn any charcoal indoors.
- Never use a portable camp stove indoors.
HOW DO I HEAT OR COOK WHEN THE POWER IS OUT?

Never use a generator:
- in the home,
- in the basement
- in the garage
- near a window
- near a door
- near a vent
HOW CAN I AVOID CO POISONING FROM MY VEHICLE?

- Have your mechanic check the exhaust system in your car every year.
- Never run a vehicle in the garage with the door shut.
- Never run a vehicle in a garage that is attached to the house even with the door open.
If you drive a vehicle with the tailgate open, you also need to open vents and windows to make sure air is moving through the car.
HOW CAN I GET MORE INFORMATION?

Website

www.nh.gov/co