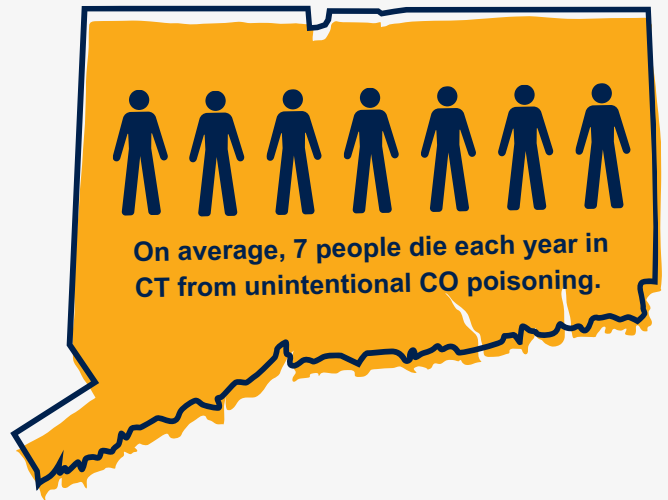


# STAY A STEP AHEAD OF CARBON MONOXIDE POISONING

## RECOGNIZE THE RISKS

- **Carbon monoxide (CO) is an invisible, odorless gas.** It cannot be detected by human senses.
- **It is produced by the incomplete burning of fuels,** like natural gas, oil, coal, and wood.
- **Breathing in too much CO can be deadly.**



## KNOW THE WARNING SIGNS

**CO poisoning symptoms can feel like the flu.** Watch for:

- Headache
- Vomiting
- Fatigue
- Dizziness
- Nausea
- Confusion

High levels of CO exposure can cause loss of consciousness or death.

## COMMON SOURCES OF CO

- Portable Generators
- Gas or Oil Furnaces
- Charcoal or Propane Grills
- Gas Appliances
- Motor Vehicle Exhaust
- Propane, Gasoline, or Kerosene Heaters



# STAY A STEP AHEAD OF CARBON MONOXIDE POISONING

## HOW TO STAY SAFE

**Install CO alarms** on every level of the home and outside all sleeping areas.

**Never use your stove or oven** to heat your home.

**Never use a portable generator (or other gas powered equipment) indoors** or in the garage. Keep generators **at least 20 feet** away from the home.

**Never use a gas or charcoal grill** indoors.

**Have your heating system checked** and cleaned every year.

## WHAT TO DO IN AN EMERGENCY

If you or someone else shows signs of CO poisoning, **get outside immediately**, then call 911. Do not wait for an alarm to sound.

## KNOW WHO TO CALL

**Emergency Services**

**911**

**Connecticut Poison Control Center**

**1-800-222-1222**

**Connecticut Public Health**

**860-509-7740**



[ct.gov/dph/co](https://ct.gov/dph/co)