



CARBON MONOXIDE POISONING FACT SHEET & PREVENTION GUIDELINES

How Does CO Poisoning Work?

Red blood cells pick up CO quicker than they pick up 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, which can damage tissues and result in death.



You Can Prevent Carbon Monoxide Exposure

Do have your heating system, water heater and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.

Do install a [battery-operated CO detector](#) in your home and check or replace the battery when you change the time on your clocks each spring and fall. If the detector sounds leave your home immediately and call 911. *(Consumer Product Safety Commission recommends long-life batteries. A locked battery compartment deters tampering)*

Do seek prompt medical attention if you suspect CO poisoning and are feeling dizzy, light-headed, or nauseous.

Don't use a generator, charcoal grill, camp stove, or other gasoline or charcoal-burning device inside your home, basement, or garage or near a window.

Don't run a car or truck inside a garage attached to your house, even if you leave the door open.

Don't burn anything in a stove or fireplace that isn't vented.

Don't heat your house with a gas oven.

Here's the Safe Way to Connect Heating Equipment to the Chimney

