



WHAT IS CARBON MONOXIDE?

Carbon Monoxide is a deadly gas that has no smell, no taste, and is invisible. It can be present in or around any fuel-burning appliance (Furnaces, Heating Systems, Gas Stoves, Ovens, Fireplaces, Dryers, Water Heaters, Grills, and more), and leaks are undetectable without a carbon monoxide alarm. Exposure to carbon monoxide leads to serious injury and even death.

WHAT ARE THE SYMPTOMS OF CARBON MONOXIDE POISONING?

The symptoms are similar to many other illnesses, which is why identifying carbon monoxide poisoning is so difficult. Use this mnemonic device to remember the symptoms:



HEADS
UP

Headache
Exhaustion
Aching Muscles
Dizziness
Sick Stomach / Nausea
Unclear Thinking / Confusion
Pale / Cool Skin

If you're experiencing one or multiple of these symptoms, leave where you are, go outside, and/or seek medical attention and inform medical personnel that you may be suffering from carbon monoxide poisoning.

HOW DO YOU PROTECT YOURSELF FROM CARBON MONOXIDE POISONING?

The best and safest way to protect yourself from carbon monoxide poisoning is to take a portable carbon monoxide alarm with you wherever you go. You should also check where you are staying to see if they have carbon monoxide alarms installed and that they are maintained. If you think you have been exposed to carbon monoxide or are suffering from poisoning symptoms, proactively tell medical personnel, as many do not typically identify carbon monoxide poisoning on their own.

