

DANGER!

Protect Yourself & Your Family from Carbon Monoxide Poisoning

Recognize the Signs and Symptoms of Carbon Monoxide (CO) Poisoning



Headache



Shortness
of breath



Chest pain



Nausea or
vomiting



Dizziness



Collapse



Loss of consciousness

If you feel you may have any signs or symptoms **OR**
your CO alarm or CO detector sounds,

STEP 1: Get yourself and others outdoors to an area with clean air immediately.

STEP 2: CALL 911!

STEP 3: Do NOT drive a motor vehicle.

STEP 4: Stay away from the area until it is determined to be safe.

Remember...

Carbon Monoxide
(CO) Poisoning



CAN'T BE
SEEN



CAN'T BE
SMELLED



CAN'T BE
HEARD



CAN BE
STOPPED

If you live in a home with gas, oil or coal burning appliances, check your CO alarms
or CO detectors regularly to be sure they are functioning properly.

If you have questions, or need more information, contact the
Occupational and Environmental Epidemiology Branch at 919-707-5900



NC Department of Health and Human Services •
Division of Public Health • Occupational and Environmental
Epidemiology Branch • www.publichealth.nc.gov • NCDHHS
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Some information
provided by the
Centers for Disease
Control and
Prevention (CDC).



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Prevention Guidelines: 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.
- **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.
- **DON'T** use a generator, pressure washer, or any gasoline-powered engine less than 20 feet from any window, door, or vent. Use an extension cord that is **more than 20 feet long** to keep the generator at a safe distance.