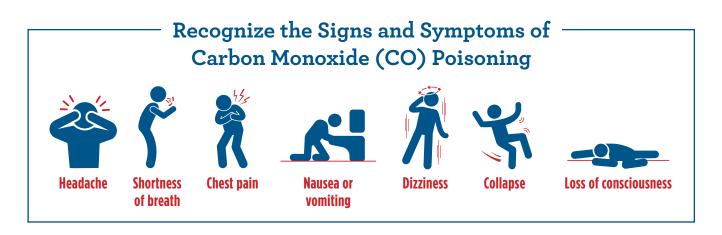
DANGERI Protect Yourself & Your Family from Carbon Monoxide Poisoning



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



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



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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.



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