



CARBON MONOXIDE

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Carbon Monoxide (CO) is an odorless, colorless gas that can cause sudden illness and death.

Symptoms of Carbon Monoxide Poisoning

Initial symptoms resemble the flu without fever.

- *Dizziness* - *Headache* - *Irregular breathing* - *Fatigue* - *Nausea*

If you have any of these symptoms which are relieved by going outside your home and getting fresh air but the symptoms return after re-entering your home, you may be experiencing CO poisoning.

Sources of Carbon Monoxide

Carbon monoxide is produced by combustion of any fossil fuels, such as natural gas, propane, gasoline, etc. Appliances that may be potential sources of CO include gas stoves, furnaces, gas water heaters, fireplaces, and running vehicles in poorly ventilated areas such as a garage. If the appliances are in good working condition and well ventilated little carbon monoxide is produced.

Carbon monoxide can also be produced by the inappropriate use of appliances in enclosed areas, such as outdoor charcoal/gas grill used indoors, gasoline powered generator used indoors, outdoor gas burning lantern used in an enclosed space. Many other outdoor fossil fuel burning appliances when used in enclosed spaces can produce large amounts of CO and cause problems.

Prevention: *Always the best treatment*

- Make sure appliances are installed, maintained and operated appropriately
- Have heating systems (furnace, water heater, chimney/vents) inspected & serviced annually.
- Unventilated, fuel-burning space heaters are used only while someone is awake to monitor them and doors and windows in the room are kept open to provide fresh air.
- Examine vents and chimney regularly for improper connections, visible rust or stains.
- Never run auto in closed garage.
- Notice problems that could indicate inappropriately working appliances

Clues You Can See

- Rusting or water streaking on vent/chimney
- Loose or missing furnace panel
- Loose or disconnected vent/chimney connections
- Debris or soot falling from chimney/fireplace
- Loose masonry on chimney
- Moisture inside windows
- Install CO detector for added safety
- Decreasing hot water supply
- Furnace unable to heat house or runs constantly
- Unfamiliar or burning odor

Clues You Cannot See

- Internal appliance damage or malfunctioning components
- Improper burner adjustment
- Hidden blockage or damage in chimney

Things You Should Not Do

- Never burn charcoal indoors or in a garage.
- Never use the gas range or oven for heating.
- Never service appliances without proper knowledge, skills and tools.
- Never leave car running in a garage.
- Never operate unventilated gas-burning appliances in a closed room.

If You Suspect a Carbon Monoxide Poisoning

Leave the area immediately, get fresh air, and contact the poison center right away.



1-800-222-1222