

SAFETY TIPS: CARBON MONOXIDE POISONING



Carbon monoxide is an odorless, tasteless and colorless gas known as the “silent killer.” The Centers for Disease Control estimates that carbon monoxide (CO) poisoning claims nearly 400 lives and causes more than 20,000 visits to hospital emergency departments annually.

GMR offers these tips to help protect your family from CO poisoning:



Have home heating systems (including chimneys & vents) inspected & serviced annually by a trained service technician



Open the fireplace damper before lighting a fire and keep it open until the ashes are cool



Never use portable generators inside homes or garages, even if doors and windows are open



Install battery-operated CO alarms outside each sleeping area



Never use a gas range or oven for heating

Because CO is odorless, colorless and otherwise undetectable to the human senses, people may not know when they are exposed. The initial symptoms of CO poisoning are similar to the flu, but without the fever. They include:

- Headache
- Nausea
- Fatigue
- Dizziness
- Shortness of breath

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