

# PREVENTING CARBON MONOXIDE POISONING

Carbon monoxide (CO) is a colorless, odorless gas. It can cause sudden illness and death if inhaled. Hurricanes or winter storms can cause power outages. Alternative sources of fuel or electricity often need to be used for heating, cooling, or cooking. If these sources are not used correctly, carbon monoxide can build up inside the home, garage, or camper and poison people and animals. Each year, more than 400 people in the United States die from accidental carbon monoxide poisoning.

## HOW IS CARBON MONOXIDE PRODUCED?

- Combustion fumes
- Small gasoline engines
- Stoves
- Generators
- Grills
- Lanterns
- Gas ranges
- Burning charcoal and wood

## RECOGNIZE CARBON MONOXIDE POISONING

### SYMPTOMS

- Loss of consciousness
- Headache
- Dizziness
- Weakness
- Nausea
- Vomiting
- Chest pain
- Confusion
- Death

People who are sleeping or who have been drinking alcohol can die from carbon monoxide poisoning before ever having symptoms.

### TREATMENT

- Get to fresh air immediately
- Call 911
- Turn off source of carbon monoxide if you can do so safely
- Begin CPR if the person is unresponsive, not breathing, or not breathing normally

## PREVENT CARBON MONOXIDE POISONING

- Never use a gas range or oven to heat a home.
- Never leave your vehicle running inside an enclosed or partially enclosed space (including a garage).
- Never run a generator or other gasoline-powered engine outside an open window, door, or vent.
- Never use a charcoal grill, camping stove, or lantern inside a home, tent, or camper.
- Never run a generator or other gasoline-powered engine inside a building, even if the doors and windows are open, unless professionally installed.
- Seek shelter with friends or at a community shelter during extreme heat and cold.
- If you or someone else has carbon monoxide poisoning, **call 911 immediately!**

## MORE INFORMATION

 [preparedness.health.maryland.gov](http://preparedness.health.maryland.gov)

 [facebook.com/MarylandOPR](https://facebook.com/MarylandOPR)

 [twitter.com/MarylandOPR](https://twitter.com/MarylandOPR)

 [health.maryland.gov](http://health.maryland.gov)

 [facebook.com/MarylandDHMH](https://facebook.com/MarylandDHMH)

 [twitter.com/MDHealthDept](https://twitter.com/MDHealthDept)

*Information adapted from the Centers for Disease Control and Prevention (CDC), [www.emergency.cdc.gov/disasters/cofacts.asp](http://www.emergency.cdc.gov/disasters/cofacts.asp). For more information, visit [www.emergency.cdc.gov/disasters/carbonmonoxide.asp](http://www.emergency.cdc.gov/disasters/carbonmonoxide.asp).*



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