

CARBON MONOXIDE POISONING

CARBON MONOXIDE (CO) is a poisonous gas. It has no smell or taste and you can't see it. Breathing too much CO kills hundreds of Americans every year. Sometimes CO is called the "silent killer" because its early signs are very easy to miss.



Every fuel-burning device can make CO gas. They do this mostly when they aren't working properly, or when the fumes from the devices aren't ventilated well. If the CO gas is released inside a room it can build up to a dangerously high level.

Where Does Carbon Monoxide Come From?

Some devices that make CO include:

- Wood Stoves
- Fire Places
- Furnaces that use gas or oil
- Gas stoves or ovens
- Gas water heater
- Kerosene heaters
- Car Engines
- Boat Engines
- Generators

What Are Signs of Carbon Monoxide Poisoning?

Early Signs:

- Headache
- Dizziness
- Nausea
- Weakness
- Fast Heartbeat

Serious Signs:

- Vomiting
- Coma
- Confusion
- Loss of Consciousness
- Heart Attack



Pregnant women, small children, and people with heart disease can be hurt by CO much more seriously than other healthy adults

VIRGINIA POISON CENTER

Emergency Phone Number:

(804) 828-9123 Local Richmond

Toll Free Number:

(800) 222-1222

Business Phone Number:

(804) 828-4780

VCU Medical Center

P.O Box 980522

Richmond, Virginia 23298-0522

Website:

www.vapoison.org

TREATMENT

If someone has any of these signs, and may have been exposed to a source of CO, get into fresh air and call the Virginia Poison Center right away. The experts at the poison center will tell you what to do next. Sometimes, but not always, it is necessary to go to the hospital for oxygen treatment.

PREVENTION

Keep safe from carbon monoxide by taking these actions:

- Install at least one CO alarm in your home. The best places to put these alarms are near sleeping area and close to furnaces.
- Never run a car in a closed garage, even for just a few minutes.
- Have your heating system and chimney checked every year by experts.
- Never burn charcoal or other fuel inside a house, garage, tent or other enclosed space.
- If you use a generator be sure it is outside the house.
- Call the Virginia Poison Center for more information.

THE VIRGINIA POISON CENTER

What is the correct first action to take if someone may have breathed, touched, or swallowed a possible poison? Get help **FAST** by calling 1-800-222-1222 for help from the Virginia Poison Center. The nurses who answer the phone know all about poisons. They will tell you what to do right away. They will tell you if treatment by a hospital or a doctor is needed. Most poisoning cases can be handled safely over the phone with our expert help. The Virginia Poison Center is always free. Some examples of poisoning we can help you with include:

- Mistakes with medicine
- Bites and stings from poisonous animals and insects
- Swallowed household cleaners
- Inhaled fumes or vapors
- Chemicals splashed in the eyes or on the skin

Remember you can call the Poison Center if you have a question about poisons, too!

Call for a **free** magnet or sticker with the 1-800-222-1222 emergency telephone number!!

Keep the number near your telephones so that in an emergency, you can get help **FAST!!!**

