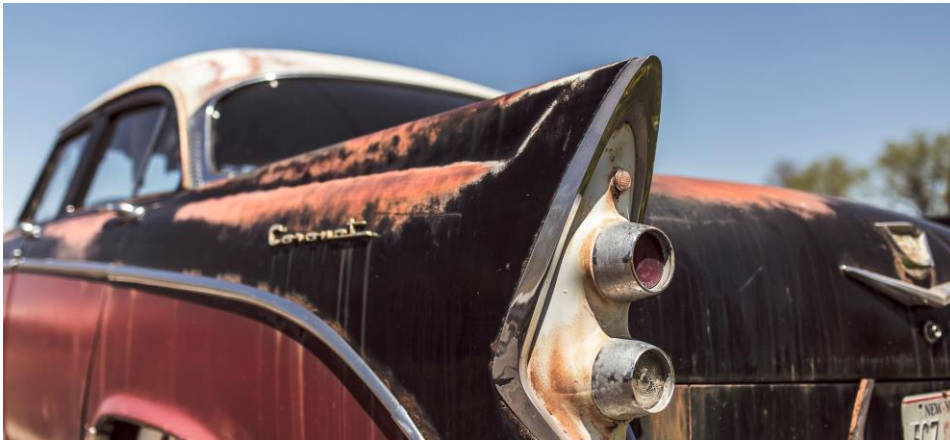


HEALTH INFORMATION

Carbon monoxide is a poisonous gas



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

WHERE DOES CARBON MONOXIDE COME FROM?

- Wood stoves
- Fire places
- Furnaces that use gas or oil
- Gas stoves or ovens
- Gas water heater
- Kerosene heaters
- Car engines
- Generators

SERIOUS SIGNS

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

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

EARLY SIGNS

- Headache
- Dizziness
- Nausea
- Weakness
- Fast Heartbeat





TREATMENT

If someone has any of these signs and may have been in a place where CO may have been breathed, get into fresh air and call the Virginia Poison Control 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. (Digital alarms can provide more accurate readings.)
- 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, or tent.
- If you use a generator, be sure it is outside the house.
- Call the Virginia Poison Control Center for more information.

DID YOU KNOW?

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.

Virginia Poison Center

VCU Health

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Web: poison.vcu.edu



1-800-222-1222

VIRGINIA
POISON CENTER