

# CARBON MONOXIDE POISONING - DON'T BECOME A STATISTIC

For Release

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Carbon monoxide (CO) is often referred to as the "silent killer" due to the gas being odorless and colorless. In the U.S., hundreds of people die, and thousands become ill, each year, from CO poisoning. CO sources include generators, furnaces, stoves, water heaters, and fireplaces.

## ***Symptoms of CO Poisoning***

CO poisoning can be difficult to recognize since many of its symptoms mimic other illnesses. The most common symptoms of CO poisoning are headaches, dizziness, weakness, nausea, vomiting, chest pain, and confusion. People who are sleeping or intoxicated can die from CO poisoning before ever experiencing symptoms.

Chief Tim Keen, of the Prince William County Fire and Rescue System, urges residents to take the following precautions to avoid being a victim of CO poisoning:

## **CO Alarms**

- Install CO alarms in a central location outside each sleeping area and on every level of the home and in other locations where required by applicable laws, codes or standards. For the best protection, interconnect all CO alarms throughout the home. When one sounds, they all sound.
- Follow the manufacturer's instructions for placement and mounting height.
- Choose a CO alarm that has the label of a recognized testing laboratory.
- Test CO alarms at least once a month; replace them according to the manufacturer's instructions.
  - If the audible trouble signal sounds, check for low batteries. If the battery is low, replace it. If it still sounds:
    - Get everyone outside the home and call 911 immediately!

## **Heating System**

Have a qualified technician inspect your heating system and chimney, annually, to make sure they are operating properly and that there is nothing blocking the fumes from being vented out of the house.

## **Appliances**

- Make sure vents for the dryer, furnace, stove, and fireplace are clear of snow build-up, during and after a snowstorm.
- A generator should be used in a well-ventilated location outdoors more than 20 feet away from windows, doors and vent openings.
- Gas or charcoal grills can produce CO — only use outside.
- **DON'T** use a gas oven to heat your home, even for a short period of time.

## Vehicles

- If you need to warm a vehicle, remove it from the garage immediately after starting it. **DO NOT** run a vehicle or other fueled engine or motor indoors, even if garage doors are open.
- Make sure the exhaust pipe of a running vehicle is not covered with snow.

For more information, visit the U.S. Fire Administration [usfa.fema.gov](https://usfa.fema.gov), the Consumer Product Safety Commission (CPSC) [cpsc.gov](https://cpsc.gov), and the Center for Disease Control and Prevention [cdc.gov](https://cdc.gov).

For more winter safety tips, visit [www.pwcgov.org/ready](https://www.pwcgov.org/ready).

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