

PROTECTING YOUR FAMILY



Carbon Monoxide Poisoning Highest During Cold Weather: Protect Yourself From Exposure

(NAPSA)—Deaths from carbon monoxide poisoning occur year-round but most often during winter when people are more likely to use gas furnaces, heaters and generators in their homes.

Carbon monoxide gas kills more than 500 people every year in the United States. Inhaling carbon monoxide gas can also cause headaches, dizziness, weakness, vomiting, chest pain and confusion.

People hear more about carbon monoxide poisoning associated with power outages and generators but most poisonings actually are linked to furnaces, water heaters, cars and other devices that people use every day. Any heater or motor that burns gas, coal, kerosene, diesel fuel or charcoal can leak carbon monoxide. If a furnace or other appliance or a car or truck that burns one of these fuels is not vented properly, carbon monoxide, which is odorless and invisible, can build up inside your home, car or truck and cause illness and possibly death.

What you can do to protect yourself and your family

Protect yourself and your family from the unseen danger of carbon monoxide this winter by taking these simple steps with your home, car, and truck.

Your home

- Install a working carbon monoxide detector in your house. Check the battery every time you check your smoke-detector batteries.
- Have an expert inspect every year all of your appliances that burn fuel such as your furnace, gas water heater, or portable butane or kerosene heater.



- Never burn anything in an improperly vented stove or fireplace, and never use a gas oven to heat your house. Such actions can cause carbon monoxide to build up.
- If your home's electric power goes out, you may need to use an alternate source for heat. Never use grills, camp stoves, or other gasoline or charcoal-burning devices inside your home or garage. Do not run a gasoline-powered generator in an enclosed space (like your basement or garage) or outside a window or door where the exhaust could blow into your home and could cause carbon monoxide poisoning. If it is cold, stay with friends or family or in a shelter.

Your car or truck

- Never run the engine of your car or truck while it is in the garage and the garage door is closed. If your garage is attached to your house, move your car outside to warm it up. Running the engine of your car or truck inside an attached garage could blow harmful fumes into your home.
- After a snow or ice storm, make sure your car or truck's tailpipe is not blocked. A blocked tailpipe can cause harmful exhaust to enter your vehicle.

For more information, visit <http://www.cdc.gov/co>.