

Carbon Monoxide Poisoning

Protect Your Family and Yourself



Carbon monoxide (CO) is an odorless, colorless, and toxic gas. The type, severity, and timing of effects to CO exposure can vary greatly depending on each person's age, overall health, length of exposure, and the concentration of CO to which the person is exposed.

Symptoms of Carbon Monoxide Poisoning

- Flu-like symptoms (without fever)
- Headache
- Dizziness
- Nausea
- Weakness
- Shortness of breath
- Confusion



PLAY IT SAFE! At high levels, CO poisoning can be deadly!

If you experience symptoms that you think could be from CO poisoning:

- Get to fresh air immediately.
- Seek medical attention.

Sources of Carbon Monoxide Inside Homes

Any fuel-fired appliance can be a source of carbon monoxide, especially if it is without adequate ventilation or improperly installed, maintained, or operated.



Leaking furnace or chimney



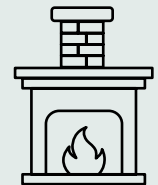
Unvented kerosene or gas space heaters



Gas stoves



Wood stoves



Improperly vented fireplaces or chimneys



NEVER IDLE A VEHICLE INSIDE A GARAGE!

CARBON MONOXIDE CAN BUILD UP TO DEADLY LEVELS, EVEN WITH THE GARAGE DOOR OPEN. IF YOU NEED TO WARM UP YOUR VEHICLE, REMOVE IT FROM THE GARAGE IMMEDIATELY AFTER STARTING IT.



Actions to Prevent Carbon Monoxide Exposure

- **Install** carbon monoxide alarms in your home.
 - Place them in a central location on every level of the home's livable space (including the basement) and at least 15 feet away from any fuel-burning appliance.
 - Test alarms once a month.
 - Interconnect your carbon monoxide alarms, if possible — when one sounds, they all sound.
 - Follow manufacturer instructions and all applicable laws and building codes for CO alarm placement and replacement frequency/schedule.
- **Avoid** using unvented fuel-burning space heaters indoors, if possible.
- **Install** and use an exhaust fan, preferably vented to the outdoors, over gas stoves.
- **Open** flue dampener when using a fireplace.
- **Hire** a certified professional to install and annually inspect, clean, and tune-up fuel-burning appliances, fireplaces, and chimneys/flues.
- **Never** use fuel-fired grills, barbecues, hibachis, or camp stoves indoors.
- **Never** use a portable fuel-fired generator inside or within 20 feet of a building or structure.



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Indoor Air Quality (IAQ)

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