

This article can apply to your home or business. Please educate yourself and others!

Carbon monoxide is produced whenever fuel is burned, whether it is gas, oil, wood, or charcoal. Since carbon monoxide is colorless and odorless gas, it's impossible to detect without a CO detector.

## **Symptoms of Carbon Monoxide Poisoning**

If you are experience any of these symptoms, you may be a victim of CO poisoning:

### **Early Symptoms:**

- Headaches
- Dizziness
- Confusion
- Giddiness
- Nausea

### **Worsening Symptoms:**

- Weakness and Lack of Energy
- Blurred Vision
- Fast Heart Rate and Breathing
- Hallucinations

### **Danger Signs:**

- Heart Problems and Chest Pains
- Seizures and Convulsions
- Collapse and Loss of Consciousness
- Coma
- Death

**What to do if you have a CO leak:**

If you have any suspicions of a CO leak in your house, evacuate everyone in the building immediately and then **call 911** from a safe distance. If you are already feeling symptoms of CO poisoning (many people describe flu-like symptoms), get to the emergency room as quickly as possible.

Even small amounts of carbon monoxide can cause irreparable damage, including brain and organ damage. See a doctor immediately if there is any evidence of carbon monoxide leaks in the home.

While it may seem as though there are dark forces at work, it's probably just a faulty furnace. You want to make sure you address CO leaks immediately as exposure can lead to death very quickly.

## **Common Sources of Carbon Monoxide Leaks**

- Cars, Trucks, and Other Engines
- Fireplaces
- Wood Stove
- Oven
- Dryer
- Water Heater
- Generators
- Furnace
- Fuel-Burning Appliances

## **Carbon Monoxide Safety Tips**

Carbon monoxide poisoning increases in the fall and winter when we are spending more time indoors. Take heed of these carbon monoxide safety tips:

- Schedule **professional heating maintenance** every fall. Sign up for a **Home Maintenance Plan** to automate this important home maintenance task.
- Never run engines in an enclosed area such as the garage, even if doors and windows are open.

- Be careful of any engines that are left running, even if they are on the side of the house. The CO produced could end up wafting through doors and windows and affect anyone inside.
- If you need to warm up your vehicle during winter weather, start the car and immediately drive it out of your garage to let it idle.
- If fuel-burning appliances haven't been installed properly, you are at risk for a CO leak. This is why you should always spend the money on important home services such as HVAC, plumbing and electrical, where shoddy work can lead to huge safety issues.
- Inspect fireplace, chimney, and flues before each heating season to make sure they are properly sealed and not blocked.
- Remember to change your air filter every 30-60 days to increase airflow in your HVAC system and prevent any air blockages and dust from dirtying up your unit, ductwork, and home. A blocked air filter increases your risk of CO poisoning.