

Carbon Monoxide

What is carbon monoxide?

Carbon monoxide (CO) is an invisible, odorless, colorless gas created when fossil fuels (such as gasoline, wood, coal, propane, oil and methane) burn incompletely. In the home, heating and cooking equipment are possible sources of carbon monoxide. Vehicles running in an attached garage could also produce dangerous levels of carbon monoxide.

What are the symptoms of CO poisoning?

The symptoms of CO poisoning include: fatigue, headaches, persistent cough, nausea, dizziness, or shortness of breath. Since many of these symptoms are similar to those of the flu, food poisoning, or other illnesses, you may not think that CO poisoning could be the cause.

If you experience symptoms that you think could be caused by CO poisoning or if you suspect that you have been exposed to CO, get fresh air immediately. Open doors and windows to let fresh air in, turn off all combustion appliances, and remove yourself from the area. Seek medical assistance immediately.

What can I do to prevent CO poisoning?

First and foremost, outfit your home and garage with a CO detector. These devices resemble a fire alarm and sound off at the first subtle whiff of CO.