

PREVENTION WEDNESDAY

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City of Baltimore

Health Department

Carbon Monoxide Poisoning

Did You Know?

1. Carbon Monoxide, or CO, is an odorless, colorless gas produced by appliances, heaters, cars and other devices that can cause sudden illness and death

Each year, CO poisoning claims nearly 500 lives and causes more than 15,000 visits to hospital emergency departments.

2. Symptoms of CO poisoning are headaches, vomiting, dizziness, confusion, and drowsiness

The elderly, infants, pregnant women, unborn babies and people with heart or respiratory conditions are particularly sensitive.

3. If you are exposed to CO, seek Fresh Air and Medical Care

CO poisoning can feel like the flu. Call 911 from a safe place and go to the emergency room.



Prevention TIPS:

Tip 1 **Inspect your fuel-burning appliances yearly**

Have fuel-burning appliances and chimneys inspected by a trained professional every year. Choose appliances that vent their fumes outside.

Tip 2 **Only use your heater to heat your home**

Do not use unvented generators, gas or kerosene space heaters, or the oven to heat your home.

Tip 3 **Turn off your car or truck when in the garage**

Fumes can build up very quickly in the garage and living area of your home, even with the garage door to the outside open.

Tip 4 **Install Carbon Monoxide Alarms in every sleep area**

CO Alarms can be purchased in local hardware stores for less than \$25 and are easily installed at knee height. Smoke Detectors are not CO Alarms.



Mayor Sheila Dixon
www.preventionwednesday.org

Resources and References

- Baltimore City Health Department Carbon Monoxide Poisoning Flier
http://www.baltimorehealth.org/press/2008_02_05.CarbonMonoxide.pdf
- Baltimore City Fire Department Carbon Monoxide “Silent Killer” Flier
<http://www.baltimorecity.gov/government/fire/downloads/1208/120108%20Dangers%20of%20Carbon%20Monoxide%20Poisoning%202008.pdf>
- Center for Disease Control Carbon Monoxide Website
<http://www.cdc.gov/co/basics.htm> (**Información en español disponible**)
- Consumer Product Safety Division Carbon Monoxide Questions and Answers
<http://www.cpsc.gov/cpscpub/pubs/466.html> or call 1-800-638-2772
- Environmental Protection Agency Carbon Monoxide Poisoning Page
<http://www.epa.gov/iaq/pubs/coftsht.html>
- United States Coast Guard Safe Carbon Monoxide Boating Practices
<http://www.uscgboating.org/recalls/pdfs/COflyer.pdf>
- Carbon Monoxide Kills: Organization dedicated to eliminating carbon monoxide poisoning
<http://www.carbonmonoxidekills.com/>
- For Help paying Heat and Electric Bills:
 - BGE Budget Billing Plan: 410-685-2200
 - Baltimore City’s Energy Assistance: 410-396-5555