



****KNOW THE HAZARDS****



Never run generators in indoor spaces such as garages, basements, porches, crawlspaces, or sheds, or in partly-enclosed spaces such as carports or breezeways. Generators should only be operated outside, far away from and downwind of buildings.

Never use a gas range or oven for warmth. Using a gas range or oven for warmth can cause a buildup of toxic CO inside your home, cabin, or camper.



Never use a charcoal grill or a gas grill in your home or garage. Using a grill indoors will cause a buildup of toxic CO

Never start up or run any gasoline-powered engines (mowers, weed trimmers, snow blowers, chain saws, generators or other small motors) in enclosed spaces.



Never use a stove or fireplace unless it is properly installed and vented. Annually, have it inspected and have oil and gas heat and hot water systems serviced.

Never run your vehicle inside a garage that is attached to a house or in a detached garage with the garage door shut; open the door to remove CO and other toxic gases in the exhaust.



Source: New York State Department of Health

Hamilton County Public Health Nursing Service

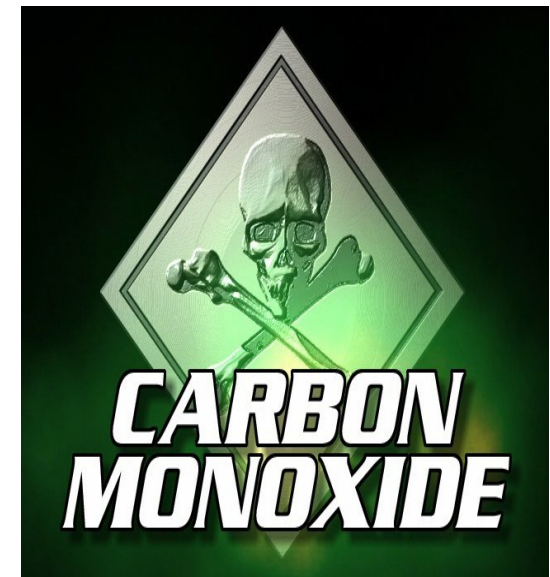
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CARBON MONOXIDE

WHAT IS CARBON MONOXIDE?

Carbon monoxide (CO) is poisonous gas that can kill you in minutes. It is invisible, tasteless, odorless, and non-irritating. It is produced from burning fuels such as wood, oil, natural gas, propane, gasoline, and kerosene.

Approximately, 200 people in New York State are hospitalized because of accidental CO poisoning. CO exposure is the leading cause of death due to poisoning in the United States. CO is known as the “silent killer.” CO deaths are entirely preventable.



WHAT ARE THE SYMPTOMS OF CO POISONING?

Initial symptoms of CO poisoning can be mistaken for flu symptoms. The following clues will help identify symptoms

that could be the result of CO poisoning:

- Symptoms occur or get worse shortly after turning on fuel-burning device (e.g. generator, vehicle, tool).
- More than one person in the home becomes sick at the same time (it usually takes several days for the flu to pass from person to person).
- Symptoms are brought on by being in a certain location and go away soon after leaving the area.

Depending on the air concentration of CO

and how long the CO is breathed in, you can experience any of the following symptoms: headaches, dizziness, nausea, weakness, loss of muscle control, shortness of breath, chest tightness, visual changes, sleepiness, fluttering of the heart, redness of the skin, confusion and mild behavioral effects such as slowed reaction time or altered driving skills.

HOW DOES CO POISON THE BODY?

CO poisons the body primarily by preventing the body from getting the oxygen it needs. When CO is breathed in, it attaches to hemoglobin, the molecule that normally carries oxygen in the blood. As the more CO is breathed in, more CO attaches to hemoglobin and less oxygen can be delivered throughout the body. This lack of oxygen results in the symptoms associated with CO poisoning.

WHAT ABOUT CO DETECTORS ALARMS?

They are similar to smoke alarms and are designed to provide warning as CO levels in the air approach dangerous levels. Select a CO detector which is certified by Underwriters Laboratories (UL), and is battery-powered or has a battery back-up. Carefully follow manufacturers’ installation, use, maintenance, and replacement instructions. Test the CO detector frequently, at least twice a year when clocks are adjusted for daylight saving time, and replace dead batteries when

necessary. **Unlike smoke alarms, CO detectors expire after several years and need to be replaced as indicated by the manufacturer.**



New York State requires CO detectors in residences including single- and multiple-family homes, and in multiple dwellings such as hotels/motels, boarding houses, apartment buildings, fraternity and sorority buildings, and school dormitories. The requirements apply to structure that have an attached garage or have appliances, devices, or systems that may emit CO

A CO detector is NOT a substitute for regular maintenance of fuel-burning appliances or equipment. Do not let having a CO detector lull you into a false sense of security. PREVENTING the problem is better than relying on an alarm/detector.

If the alarm/detector sounds, get out of the building and contact your local fire department.