



Lake County General Health District

NEWS RELEASE
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LAKE COUNTY GENERAL HEALTH DISTRICT

PROTECT YOURSELF FROM CARBON MONOXIDE POISONING

As we move into colder weather, Lake County General Health District is reminding everyone to protect themselves from sources of carbon monoxide poisoning that are more commonly in use this time of year.

Carbon Monoxide (CO) is an odorless, colorless gas that can cause sudden illness and death if you breathe it. Every year, more than 500 people die from accidental CO poisoning. CO is found in combustion fumes, such as those produced by furnaces, water heaters, small gasoline engines, stoves, generators, lanterns and gas ranges, or by burning charcoal and wood. People and animals in enclosed or partially enclosed spaces with these items can be poisoned and die from breathing in CO.

The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain and confusion. People who are sleeping or who have been drinking alcohol can die from CO poisoning before ever having symptoms. If you think you may have CO poisoning, call your doctor right away.

To prevent CO poisoning:

- **DO** have your heating system, water heater and any other gas, oil or coal burning appliances serviced by a qualified technician each year.
- **DO** have at least one working carbon monoxide detector (They make great gifts!). Check the detector's batteries twice annually, at the same time smoke detector batteries are checked. If the detector sounds, leave your home immediately and call 911.

- **Do NOT** use generators, grills, camp stoves, or other gasoline, propane, natural gas, or charcoal-burning products inside a home, basement, garage, camper, or even outside near an open window. This is especially important to remember during a power outage.
- **Do NOT** run a car or truck inside a garage attached to your house, even if you leave the garage door open.
- **Do NOT** burn anything in a stove or fireplace that isn't vented.
- **Do NOT** heat your house with a gas oven.

For more information on CO poisoning, call the Lake County General Health District at (440) 350-2543 or visit the U.S. Centers for Disease Control's website at <http://emergency.cdc.gov/disasters/carbonmonoxide.asp>.

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