

### Know What to Do in a Poison Emergency

- Keep the Sanford Poison Center telephone number near your telephones.
- If you think a carbon monoxide poisoning has occurred, move the victim to fresh air right away.
- Call the Sanford Poison Center to get help, even if the symptoms go away. In addition, avoid the possible CO source until a professional technician investigates the problem.

The Sanford Poison Center is a free, confidential 24-hour poison emergency helpline. You can call the Center to get help in a poison emergency from poison experts. They can tell you what to do if you, your child or pet is poisoned.

For more information on poison safety or to order educational materials, call the Sanford Poison Center at 605-328-6670 or visit our website at [www.sanfordhealth.org](http://www.sanfordhealth.org) or [www.sdpoison.org](http://www.sdpoison.org)



Sanford

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[www.sanfordhealth.org](http://www.sanfordhealth.org)

POISON  
**Help**<sup>TM</sup>  
1-800-222-1222

CARBON MONOXIDE



Sanford

POISON CENTER

**Carbon monoxide (CO) is an odorless, colorless, deadly gas produced by burning any fuel. CO is the leading cause of poisoning death in the United States. In CO poisoning, we breathe in carbon monoxide gas and it replaces oxygen in our blood. As a result, our organs and tissues do not get enough oxygen.**

**Early symptoms of CO poisoning can mimic the flu or other illnesses. These symptoms may include: fatigue, dizziness, headache, throwing-up, troubled breathing, confusion and fainting. Carbon monoxide poisoning may lead to unconsciousness and death. Breathing CO can be especially dangerous for pregnant women, unborn babies, infants and people with anemia (low red blood cell count) or a history of heart disease.**

### Sources of Carbon Monoxide

- Oil, Wood, or Gas Furnaces
- Space Heaters (Kerosene Heaters)
- Gas Stoves
- Gas Dryers
- Fireplaces and Wood Stoves
- Charcoal Grills
- Automobiles
- Lawn Mowers and Other Gas Powered Lawn Equipment

### Preventing Carbon Monoxide Poisoning

**To help protect yourself and your family from CO, follow these safety tips.**

- Have gas-burning appliances and venting and chimney systems in your home inspected at the beginning of each heating season by a professional technician.
- Follow directions for proper installation and maintenance of gas-burning appliances.
- Check pilot light(s) on gas-burning appliances for a clear blue flame.
- Make sure appliances and chimneys have proper airflow.
- Do not use the oven or gas range for heating your home.
- Do not let the fireplace or space heater run while you are sleeping.
- Never use charcoal grills in your home or tent.
- Only use charcoal grills in a well-ventilated area.
- Never let your car run in the garage, even if the garage door is open.

- Do not sleep in a parked car while the engine is on.
- Have your car's exhaust system inspected for possible leaks.
- Never let anyone travel or sleep as passengers in a covered bed of a pickup truck.

### Carbon Monoxide Detectors

The Consumer Product Safety Commission (CPSC) recommends placing CO detectors near the ceiling of your home. In addition, the CPSC recommends placing a detector on each floor of your home, in sleeping areas and near any major gas-burning appliance. Do not place detectors within five feet of gas burning appliances or near cooking or bathing areas. Always follow the manufacturer's directions for proper placement within a given area.

**Remember, CO detectors are for added safety, not as a replacement for proper use and maintenance of your appliances.** According to the CPSC, you can detect CO with CO detectors that meet the requirements of Underwriters Laboratories (UL) standard 2034.