

# CARBON MONOXIDE POISONING

## FACT SHEET

### What is Carbon Monoxide

Carbon monoxide is an odorless, colorless gas that can cause sudden illness and death.

### When is Carbon Monoxide a Problem

When power outages occur, the use of alternative sources of fuel or electricity for heating, cooling, or cooking can cause carbon monoxide to build up and to poison the people and animals inside your home.

### How to Prevent Carbon Monoxide Poisoning

- Do not heat your house with a gas oven.
- Do not use generators or grills in your home, garage, or camper.
- Do not use gasoline, propane, natural gas, or charcoal-burning devices inside your home, basement, garage, or camper.
- Look to friends, family, or a community shelter if needed. Do not put yourself and your family at risk for carbon monoxide poisoning.
- Install a carbon monoxide detector in your home.

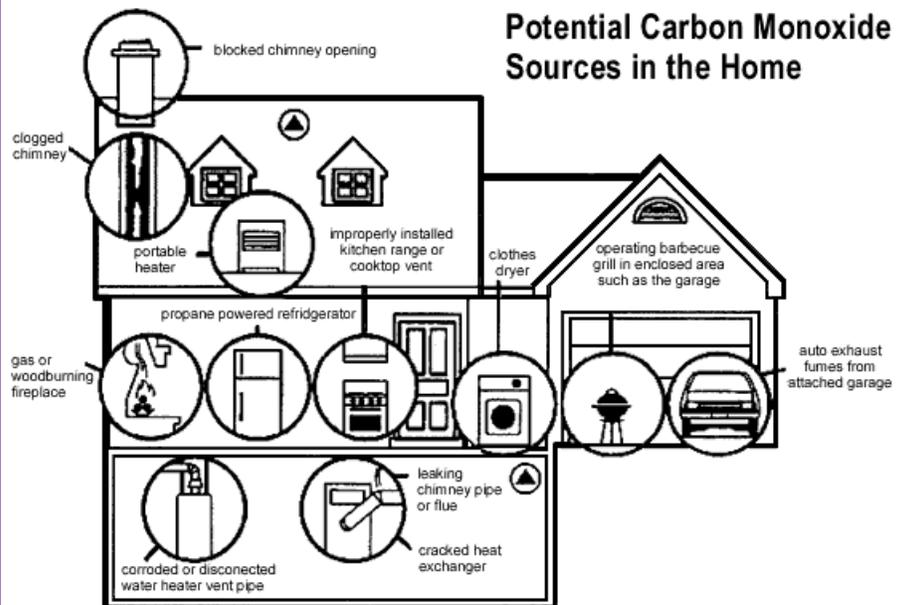


### How to Recognize Carbon Monoxide Poisoning

Carbon monoxide can't be seen, smelled, or heard. Common symptoms of carbon monoxide poisoning include:

- Headache
- Dizziness
- Weakness
- Nausea
- Vomiting
- Chest pain
- Confusion

Seek prompt medical attention if you are experiencing any symptoms and suspect carbon monoxide poisoning!



**For more information, contact CCHD's Public Health Emergency Preparedness Program at 452-0881 x310 or visit [www.cchdmt.org](http://www.cchdmt.org) or [www.cdc.gov](http://www.cdc.gov).**