

Protect Your Family from Carbon Monoxide Poisoning

Carbon monoxide, known as a silent killer because the gas is odorless, colorless and tasteless, becomes a bigger concern during cold months. The Utah Poison Control Center offers these dos and don'ts to keep your family safe:

Do—

- Install carbon monoxide detectors in your home.
- Have the heating system, water heater and other fuel-burning appliances inspected annually.
- Get your chimney cleaned or checked before using it each year. Open the fireplace's damper before each use.
- Read and follow instructions for all fuel-burning devices.
- If using space heaters, use the electrical kind or ensure adequate ventilation for fuel-powered heaters.

Don't—

- Heat your car in the garage, even if the garage door is open.
- Start a snowblower or lawn mower in the garage.
- Use a gas stove to heat your house.
- Use a grill in the garage or inside the home.
- Use generators inside the house or near windows.
- Ignore symptoms of carbon monoxide poisoning. You could lose consciousness, damage your organs or die.

Recognize the signs

Many symptoms of carbon monoxide poisoning are similar to the flu or food poisoning. Here are some of the most common signs of carbon monoxide poisoning:

- Headache, nausea or dizziness
- Shortness of breath
- Fatigue or weakness
- Chest pain
- Trouble hearing or seeing
- Disorientation or clumsiness
- Seizures

*Protect Yourself

Practice these prevention tips and install carbon monoxide detectors throughout the house. If the alarm sounds, get out of the house, then call 911.