



Carbon Monoxide: SILENT KILLER

Carbon Monoxide gas (CO) is something that can't be heard, seen, or smelled but it has the power to kill you in minutes. Learn the facts and how to protect yourself and your loved ones below.

CONCENTRATION LEVELS & SYMPTOMS

The acute effects of carbon monoxide exposure vary between ambient levels of concentration.

PPM: Parts Per Million

PPM	EFFECTS
35	Headache and dizziness within 6 to 8 hours of constant exposure.
100	Slight headache in 2 to 3 hours.
200	Slight headache within two to three hours; loss of judgment.
400	Frontal headache within one to two hours.
800	Dizziness, nausea, and convulsions within 45 min; insensible within 2 hours.
1600	Headache, irregular heart rate, dizziness, and nausea within 20 min; death in less than 2 hours.



Chronic exposure to low levels of carbon monoxide can lead to depression, confusion, and memory loss. Even low levels can have a permanent and damaging effect on heart, brain, lung, and nervous system function. One case reported permanent memory loss and learning problems after 3 years of exposure to a low level CO leak from a faulty furnace.

HEADACHE, NAUSEA, DIZZINESS, TROUBLE BREATHING, AND LOSS OF CONSCIOUSNESS ARE ALL SIGNS OF POTENTIALLY LETHAL CO POISONING. CALL 911 IF YOU SUSPECT CO IS A CAUSE.

HOW TO PROTECT YOURSELF

- GET A CARBON MONOXIDE ALARM. THIS LIFE-SAVING DEVICE WILL SOUND WHEN IT DETECTS CO.
- NEVER BLOCK VENTILATION DUCTS. SWEEP CHIMNEYS AT LEAST ONCE A YEAR.
- HAVE YOUR FUEL BURNING APPLIANCES SERVICED OR INSPECTED ANNUALLY.

COMMON SOURCES OF CO EMISSIONS



Car running in garage



Gas or wood fire in blocked chimney



Cracked or corroded exhaust vent pipes



Poorly installed gas appliances



Cracked or leaking boiler or furnace heat section



Grilling indoors or in garage



Kerosene or gas heaters



Carbon monoxide has a density of 0.968 making it slightly lighter than oxygen and can stratify (separate into layers). As a result, placement of detectors may be an important factor to consider when it comes to quick detection. In circumstances where possible entry points for the contaminant gas are at or near floor level, where one puts the detector can be important.

AN IMPORTANT REMINDER FOR YOU AND YOUR FAMILY!

This life-saving reminder sheet raises awareness about the dangers of carbon monoxide exposure. If you suspect that there may be a CO leak in your building, call 911 and vacate the premises IMMEDIATELY.