


# Carbon Monoxide Poisoning

Is produced by the incomplete burning of various fuels and is colorless, odorless and poisonous

## Symptoms

Carbon monoxide poisoning is often mistaken for the flu.




**Low exposure**

- Headache
- Nausea
- Weakness
- Dizziness



**High exposure**


- Vomiting
- Confusion
- Breathlessness
- Blurred vision
- Fainting



**Long-term complications**

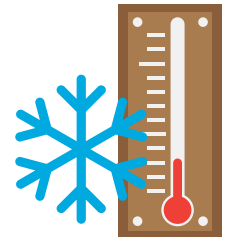
- Tiredness
- Impaired memory
- Movement problems
- Heart damage
- Brain damage

**Sources**



**Stoves**    **Furnaces**    **Cars**    **Portable generators**    **Leaking chimneys**

**CO poisoning is more common in winter when people heat their homes.**



## If you suspect CO poisoning



Go outside and get fresh air immediately.



Call the Poison Control Center at 1-800-222-1222.



Call 911 or go to the emergency department if anyone has any symptoms or is pregnant.



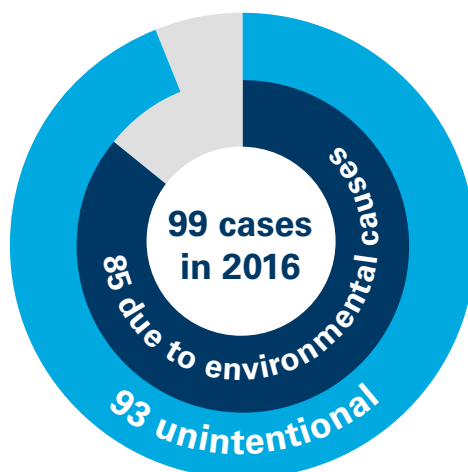
Call your local fire department or gas company to test the air for CO. Do not re-enter the building until they say it is safe.

## Safety

- Install a battery-operated CO detector in your home near sleeping areas.
- Test alarms and replace batteries yearly.
- Have gas, oil, or coal burning appliances serviced yearly.
- Have your chimney checked or cleaned yearly.
- Never leave your car running in the garage, even with the door open.
- Make sure gas appliances are vented properly.
- Never use your stove to heat your home.
- Never use a generator, grill, camp stove, or other gasoline or charcoal-burning device inside a home, basement, garage or outside near an open window.



99 cases of CO poisoning were reported last year through The University of Kansas Health System's Poison Control Center. Of those 99, 93 were unintentional and 85 were due to environmental causes.



Unintentional carbon monoxide poisoning resulted in **2,244 deaths** between 2010-2015, with the highest numbers of deaths each year occurring in winter months.



### About the Poison Control Center

The University of Kansas Health System Poison Control Center is 1 of only 55 poison centers in the United States and the only one in Kansas. It is certified by the American Association of Poison Control Centers. Poison centers offer free, confidential medical advice 24/7. Call 1-800-222-1222. Visit [kansashealthsystem.com/poison](http://kansashealthsystem.com/poison).