

PROTECT YOURSELF FROM CARBON MONOXIDE POISONING

This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

You can't see it, you can't smell it, and you can't taste it, but it can make you sick and even kill you. Carbon monoxide poisoning kills, and it's a silent killer.

Colorless and odorless, carbon monoxide is a toxic gas that claims the lives of more than 500 Americans each year. As the weather gets colder, your chances of being at risk go up.

Carbon monoxide is produced from burning materials that contain carbon, like gasoline or propane, so when temperatures drop and heaters go on, be aware!

You can protect your family and prevent carbon monoxide poisoning by taking a few simple steps:

- Have a qualified technician check your heating system, water heater, and any other gas, oil, or coal burning appliances every year.
- Install a battery-operated carbon monoxide detector in your home. Change the batteries each season when you change the time on your clocks – in the Spring and Fall. If the detector sounds, leave your house immediately and call 911.
- Don't burn anything in a stove or fireplace that doesn't have a vent – and don't heat your house with a gas oven.
- Never use a generator, charcoal grill, or similar device inside your home or garage or near a window or door.
- And remember, it's not safe to warm up your car or truck in a garage attached to the house, even if the garage is open.

If you feel dizzy, nauseous, or light headed, seek immediate medical attention.

For more safety tips on how to prevent carbon monoxide poisoning, visit [w-w-w-dot-c-d-c-dot-gov-slash-c-o](http://www.cdc.gov/c-o).

To access the most accurate and relevant health information that affects you, your family and your community, please visit www.cdc.gov.