



## MID-MICHIGAN DISTRICT HEALTH DEPARTMENT

Your public health team, connecting with our communities to achieve healthier outcomes

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## **Protect Against Carbon Monoxide Poisoning**

Ithaca, Stanton, St. Johns- You can't see, taste or smell carbon monoxide, but at high levels, it can kill a person in just minutes.

Carbon monoxide is produced when fossil fuels, like coal, natural gas and oil are burned. Furnaces, cars, boats, kerosene heaters, charcoal grills, camp stoves, power washers, generators...anything that burns fuel produces carbon monoxide.

Up to 50 Michiganders fall prey to this dangerous gas each year. Most are actually exposed without even knowing it, which is why it has been dubbed the "silent killer." It quietly enters the bloodstream and cuts off delivery of oxygen to the body's organs and tissues.

The first symptoms of carbon monoxide poisoning resemble the flu, and include headache, dizziness, confusion, drowsiness, nausea and vomiting. Do not to ignore these symptoms, especially if more than one person in the household experiences them. As more of the gas is inhaled, it can cause unconsciousness, brain damage and even death within a matter of minutes.

Carbon monoxide poisoning is completely preventable, so be sure you know how to protect your home and family:

- Place a carbon monoxide detector on every floor of your home, with one near bedrooms.
- Have a heating professional clean and inspect wood and fuel-powered appliances, chimneys and vents yearly.
- Generators should be several feet from your home, away from open windows, doors and air intakes.
- Don't use fuel-powered items indoors, like generators, grills, or camp stoves.
- Don't use a gas oven to heat your home, even for a short time.
- Don't run vehicles in the garage, even if the door is open.

If you suspect you or a family member has been exposed to carbon monoxide, get fresh air immediately, and go to the nearest emergency room or call 911.

For more information about carbon monoxide poisoning, visit [www.michigan.gov/carbonmonoxide](http://www.michigan.gov/carbonmonoxide).

*Mid-Michigan District Health Department serves the residents of Clinton, Gratiot and Montcalm Counties.*

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