

## Carbon Monoxide Detectors



It is recommended that you install one CO detector in your home and as a backup, install one outside all sleeping areas.

CO detectors help alert you when there is increased levels of CO, but preventing CO from becoming a problem in your home is better than relying on an alarm.

Call a professional if you have any concerns.



**Protect your family  
from  
"THE SILENT KILLER"**

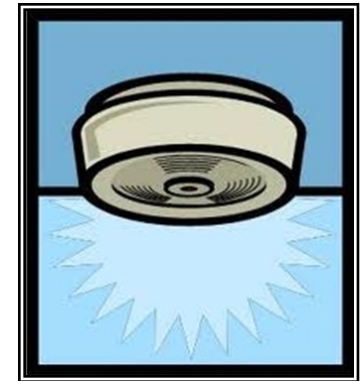
**Prevent  
CARBON MONOXIDE  
Poisoning**



**White Mountain  
Apache Tribe  
Tribal Air Program**

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*Is Your  
Family Safe  
from Carbon  
Monoxide  
Poisoning?*



**White Mountain Apache  
Tribe  
Environmental  
Protection Office**

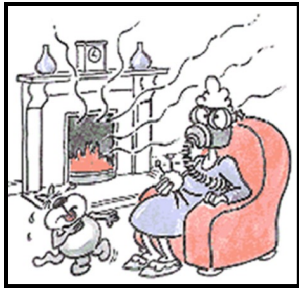
**Tribal Air Program**



# Protecting your Family from Carbon Monoxide Poisoning

## What is Carbon Monoxide (CO)?

Carbon monoxide (CO) is a colorless, odorless and tasteless poisonous gas that is produced by fuel-burning appliances and equipment. If an appliance or



equipment malfunctions or is improperly installed, CO can back up into the home, reaching dangerous levels and quickly causing injury or death.

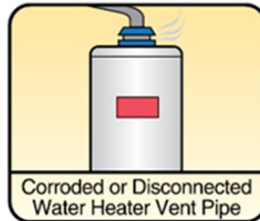
## How Does Carbon Monoxide Harm you?

Carbon monoxide prevents oxygen from being used by your body, causing suffocation and harming your central nervous system. When oxygen is robbed from the brain and other organs, death can result. In addition, up to 40% of survivors of severe CO poisoning develop memory impairment and other serious illnesses.

## Who is at risk?

Everyone is at risk of being poisoned by carbon monoxide. However, individuals with existing health problems such as heart and lung disease and the elderly are especially vulnerable. Infants, children and pregnant women are also at risk.

## What are Possible Sources of Carbon Monoxide?



Corroded or Disconnected Water Heater Vent Pipe



Portable Generators



Improperly Installed Kitchen Range or Vent



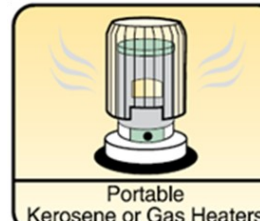
Car Left Running in Attached Garage



Gas or Wood-Burning Fireplace



Operating a Grill Indoors or in Garage



Portable Kerosene or Gas Heaters



Cracked or Loose Furnace Exchanger

The best defense against CO poisoning is proper installation, maintenance and safe use of these appliances.

Have a trained professional inspect and clean furnaces, flues and chimneys annually.

## What are the Symptoms of Carbon Monoxide Poisoning?

Carbon monoxide poisoning mimics many common illnesses, such as the flu and food poisoning.

### Common symptoms are:

- headaches
- dizziness
- blurry vision
- weakness
- disorientation
- respiratory failure
- unconsciousness
- loss of hearing
- seizures
- nausea
- vomiting
- cardiac arrest
- coma
- rapid heartbeat

*Always check with your doctor. This list is not meant to serve as a diagnosis for CO poisoning, but it is meant to provide information on CO poisoning symptoms.*

## How Can You Protect Your Family from CO Poisoning?

- Never idle your car inside an attached garage.
- Keep gas appliances properly adjusted.
- Open flues when using fireplace.
- Never use charcoal grills to heat your home.
- Never use a generator indoors.
- **Never use a gas oven to heat your home.**
- Use proper fuel in kerosene space heaters.
- Have professionals clean and tune-up your central heating system.
- Do not ignore symptoms - Protect your family!