



## SPOTLIGHT ON RISK:

# Carbon Monoxide

Owning any home, whether it's a traditional, factory-built or modular home, comes with risks including health-related. According to the U.S. Centers for Disease Control and Prevention, there are more than 400 unintentional carbon monoxide deaths in the United States annually, and over 20,000 visit the emergency room each year because of carbon monoxide poisoning. You can protect yourself and your family by being aware of symptoms and prevention measures.







## Carbon Monoxide Poisoning Symptoms:

Carbon Monoxide is a colorless, odorless, and tasteless gas. It is also known as the "silent killer" because victims may be asleep or unaware they are being poisoned until it is too late. This is why it is vital to have a working carbon monoxide detector. Some symptoms do occur and can include:

- Dull headache
- Weakness
- Dizziness
- Shortness of breath
- Confusion
- Blurred vision
- Nausea and/or vomiting
- Loss of consciousness

## Preventing Carbon Monoxide Poisoning In Your Home:

The following are just a few prevention measures. You can find more information by visiting the Centers for Disease Control and Prevention website at <http://www.cdc.gov/co/faqs.htm>

-  **Carbon Monoxide Detectors** - Change the batteries in your detectors twice a year (Daylight Saving Time) and test to make sure the detector is working when you change the battery. Ideally, a detector should be placed near every sleeping area, and you should replace the detector every five years.
-  **Maintain Appliances** - Make sure any appliances using fuel (furnace, water heater, gas and wood stove, etc.) has regular maintenance and ventilation is checked. In the event of a storm, make sure ventilation has not been blocked by snow or other debris.
-  **Barbecues, Outdoor Heaters, and Generators** - Any tool to cook, heat, or provide electricity that is meant to be used outside should stay outside when in use. It is often tempting to bring a generator inside your home during inclement weather, but even bringing the generator inside a closed garage could put your life and your family's lives in danger.
-  **Idling Car** - Running your vehicle in a closed space like a garage for any reason (e.g. warming up, or cooling down the internal air temp of the vehicle) can increase your risk of carbon monoxide poisoning. If your carport is attached to your home, even having the garage door up while idling is unsafe.