

# CARBON MONOXIDE

*The Silent Killer*

[nmpoisoncenter.unm.edu](http://nmpoisoncenter.unm.edu)



The background image is courtesy of [besthomesecuritycompanys.com](http://besthomesecuritycompanys.com)

**Carbon monoxide (CO)** is a gas that humans can't see, smell or taste. If there is too much CO in the air, you can be poisoned. Carbon monoxide replaces the oxygen in your blood, making it hard to breathe.

### **Where does CO come from?**

Carbon monoxide comes from fuel burning appliances and machines, such as generators, gas stoves and gas powered cars.

### **How can I prevent CO poisoning?**

- Never use your gas dryer or stove to heat your house.
- Never use a barbecue grill or generator inside your home, motor home or tent even if the doors or windows are open.
- Never warm up your car inside your garage even if the doors are open.
- Always have working CO detectors in your home. Make sure they are placed near sleeping areas. Remember, smoke alarms do not detect CO.
- Have a professional inspect chimneys, flues and furnaces every year.

### **What are the symptoms?**

Headache, dizziness, nausea, vomiting and fatigue; leading to chest pain, seizures, unconsciousness and possibly death.

### **What should I do if I or someone else has CO poisoning?**

Get outdoors to fresh air right away. Then call your poison center:

**1-800-222-1222**