



Carbon Monoxide

Did you know?

Carbon monoxide is a colorless, odorless gas released when fuel is burned. Breathing in carbon monoxide can be dangerous to your health.

Action Plan

- Install a carbon monoxide (CO) detector in all sleeping areas.
- If your CO detector sounds an alarm, make sure it is not the smoke detector.
 - o Check to see if anyone is dizzy, nauseous, or have shortness of breath. If so, leave your home and call 911, as these are signs of CO poisoning.
 - o If no one has symptoms, open the windows and turn off any potential sources of CO (such as gas ovens, furnaces, and space heaters). Have a qualified technician inspect your appliances before turning them back on.
- Fuel burning appliances, fireplaces, and woodstoves should be professionally checked every year (or as recommended by manufacturer).
- Never use gas stoves/ovens or gas space heaters as a heating source for your home.
- Never use a generator inside - they should be at least 20 feet from the home.
- Use barbecue grills and hibachis outdoors in well ventilated spaces, and never inside.
- Regularly maintain and inspect your car; never leave it running in a garage, even if the garage is open.

[more](#) →

Signature _____ Date _____

Resources

For more information, visit [cdc.gov/co](https://www.cdc.gov/co)

For local resources concerning carbon monoxide (CO):

New York City	Building owners are responsible for installing approved CO detectors, while owners must test them regularly and change the batteries. Visit nyc.gov/health and search "carbon monoxide" to learn more.
New York State	All residential buildings are required to have CO detectors. Visit health.ny.gov and search "carbon monoxide" to learn more.
New Jersey	njpies.org/carbon-monoxide Most residential buildings are required by law to have a CO sensor device located inside the unit (within 10 feet of a sleeping area).
Puerto Rico & U.S. Virgin Islands	cdc.gov/co/es/faqs.htm Visit icahn.mssm.edu/research/pehsu/us-virgin-islands-puerto-rico for resources tailored to Puerto Rico and the U.S. Virgin Islands.

For more information, visit [icahn.mssm.edu/research/pehsu/information](https://www.icahn.mssm.edu/research/pehsu/information)