



Utah Poison Control Center  
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## CARBON MONOXIDE POISONING

Carbon monoxide (CO) is a colorless, odorless, and tasteless, and can be deadly in certain concentrations. When an individual is exposed to carbon monoxide, the ability for blood to carry oxygen throughout the body is lessened; body tissues and organs can suffocate.

CO can escape into a home through a furnace that isn't working correctly, a wood burning stove, water heater, gas range, or a fireplace.

There is a way to prevent CO poisoning. Make sure to install and use high quality carbon monoxide detectors. CO detectors should be placed near bedrooms and if your home has more than one level, at least one detector per level in the home.

Before the start of the winter season have the furnace and heating system in your home inspected, warm up an automobile in an open garage or outside and have your chimney and flu cleaned professionally.

How can you tell if you have been potentially poisoned by CO? Carbon Monoxide poisoning symptoms can be easily confused with flu symptoms but are much more serious. Symptoms include:

- Headache
- Fatigue
- Dizziness
- Nausea
- Irregular Breathing
- Confusion
- Unconsciousness



If you think someone has been poisoned by CO, call the Poison Control Center immediately and take the person to a well ventilated area. If the person is unconscious or having difficulty breathing, call 9-1-1. Whether it's a poison emergency or a poisoning question, please do not hesitate to call us at 1-800-222-1222.

## WHAT'S IN THE GARAGE?

The winter months bring different maintenance concerns for automobiles. Antifreeze and windshield washer fluid are necessary to keep cars functioning and safe. Here are some things to keep in mind when using such products:

- Please keep all types of chemicals in their original containers.
- Make sure to store products in the garage high up and in a locked cabinet.
- Brightly colored chemicals are attractive to young children.
- Most poisonings occur while the product is being used.

If someone does get poisoned please have the product with you and call the Poison Control Center right away!

## COUGH AND COLD PREPARATIONS

The winter months bring the flu, colds, aches, and pains. This is a good time to make sure that the cough and cold preparations you are taking are safe to take along with over the counter (OTC) medications or prescriptions drugs. Here are a few things to think about when considering medicines for your coughs and colds.

- The active ingredients acetaminophen and ibuprofen are used in many OTC medicines. Some products include: Tylenol®, TheraFlu®, NyQuil®, Advil®, and Motrin®.
- To help prevent an overdose, the drug facts label will help you know active ingredients in medicines that might also be in medicines you are taking.
- Review warnings on all prescription and OTC medications.

If you think a potentially poisonous drug interaction or overdose has occurred, please do not hesitate to contact the Poison Control Center.

