**WHAT IS CARBON MONOXIDE?**

A colorless, odorless, tasteless gas

When you breathe in carbon monoxide (CO) it makes it harder for your body to use oxygen to keep you alive.

It is produced whenever fuel such as gas, oil, kerosene, wood, or charcoal is burned without enough oxygen to produce carbon dioxide.

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**SYMPTOMS OF CARBON MONOXIDE POISONING**

- Headache, nausea, dizziness
- Shortness of breath
- At high levels: vomiting, confusion, and loss of consciousness

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**PREVENTION**

- Never leave a vehicle running in an enclosed area
- Have fuel burning equipment inspected annually
- Install carbon monoxide detectors
- Only use portable fuel burning equipment outside

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**PLAY IT SAFE**

If you suspect CO poisoning, get to fresh air immediately.

If someone is unconscious, call 9-1-1.

Otherwise, call the poison control center.

Free and confidential expert help is just a phone call away.

1-800-222-1222