

WATCH OUT 

**CARBON
MONOXIDE
AWARENESS MONTH
NOVEMBER**

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WATCH OUT!
CARBON MONOXIDE KILLS

Carbon Monoxide is a highly poisonous gas that has no smell, colour or taste. It can be released by any appliance that burns oil, solid fuel, wood or gas, including boilers, if they are not properly installed and maintained.

It's Carbon Monoxide Awareness Month

Carbon Monoxide Awareness Month was developed by members of the CO Safety Group to highlight the dangers of Carbon Monoxide.

This leaflet explains how you can protect yourself and others from Carbon Monoxide poisoning, and how to recognise the symptoms.

Protect yourself from Carbon Monoxide poisoning

The best way to protect yourself is to make sure all your fuel burning appliances are serviced at least annually by a registered engineer.

Chimneys and flues should be inspected annually and swept, if required, by a registered technician.

As an additional precaution, you should install an audible Carbon Monoxide alarm.

Symptoms of Carbon Monoxide poisoning

Symptoms are sometimes mistaken for everyday illnesses, so they can be difficult to detect.

Symptoms include

- headache
- nausea
- breathless
- dizziness
- collapse
- unconsciousness

Do not ignore symptoms if:

- others in your home experience similar symptoms;
- symptoms disappear when you go out, and return when you come back;
- symptoms tend to be seasonal, e.g. you get more headaches during the winter when the heating is on.

What should I do if affected:

- open doors and windows for ventilation and go outside into the fresh air
- go to your GP or nearest A&E department
- if it is urgent, call 999 for an ambulance
- call the relevant emergency advice line: Gas Emergency Service (24 hours) 0800 002 001. Oil (OFTEC) 0845 658 5080

