

Preventing Carbon Monoxide Poisoning After an Emergency

Carbon monoxide (CO) is an odorless, colorless gas that can cause sudden illness and death if inhaled.

When you don't have electricity because of winter storms or flooding, using other sources to heat, cool or cook causes carbon monoxide to build up in a home, garage or camper. This air can poison the people and animals inside.

Here's what you can do to prevent carbon monoxide poisoning

- ONLY use a generator outdoors and far from open windows and vents.
- Never use generators indoors, in garages or carports.
- Never use a gas range or oven to heat a home.
- Never use a grill, hibachi, lantern, or portable camping stove inside a home, tent, or camper.

Do you know how to recognize carbon monoxide poisoning?

Here are the most common symptoms of carbon monoxide poisoning:

Headache;

Dizziness;

Weakness;

Nausea;

Vomiting;

Chest pain;

Confusion.

If someone is experiencing these symptoms, **immediately seek fresh air** and call 9-1-1 or the Oregon Poison Center at 1-800-222-1222.

The only way to know if you are being exposed to carbon monoxide is by using a detector.

- Every home should have at least one battery-operated carbon monoxide detector. Oregon law requires that all rental housing, new homes, and homes for sale have carbon monoxide detectors.
- Check the detector's batteries twice a year.
- Be aware of safety tips when buying and using kerosene, gas, and wood space heaters: www.cpsc.gov/onsafety/2010/11/space-heater-safety/.

This document can be provided upon request in an alternate format for individuals with disabilities or in a language other than English for people with limited English skills. To request this publication in another format or language, contact the Public Health Division at 971-673-1222, 971-673-0372 for TTY.