

STAY SAFE AND HEALTHY THIS WINTER

PREVENT CARBON MONOXIDE POISONING



The symptoms of CO poisoning include headache, fatigue, dizziness, nausea, vomiting or loss of consciousness. The effects of CO poisoning can vary with age and overall health of the individual, as well as how long they are exposed to the toxic gas.

People who are sleeping or have consumed alcohol can die before ever having symptoms.

Every year people die in incidents related to use of heating devices used indoors in winter months. *Protect yourself and your family by acting wisely!*

Do not use unvented heaters/*bukhari* using wood, LPG, coal or kerosene in closed rooms. CO is produced by incomplete burning of organic material including coal, wood, LPG, kerosene and gasoline etc.

Large exposures can cause loss of consciousness, irregular heartbeat, seizures and even death!

Locate generators at least 20 feet from the house.

Never leave the motor running in a vehicle parked in an enclosed or partially enclosed space.

CARBON MONOXIDE POISONING – WHAT ARE THE SYMPTOMS?

You can't see it, taste it or smell it but it can kill quickly and with no warning.



Keep flammable materials including curtains and bedding at least 3 feet away from heaters.

Never leave heaters/*bukhari* on when you go out. Switch off before you sleep.

Never put anything on top of a heater – even when it is switched off.

Check electrical wiring on heaters and don't use extension cords, multi-plugs or any device with frayed wiring

Keep a Vent Pipe for all heating devices



Keep children away from heating devices.

Coal fumes can cause carbon monoxide poisoning, irritation to eyes, noses and throats and can aggravate illnesses such as COPD, asthma.

