

Poison Smarts

POISON PREVENTION TIPS FOR THE COMMUNITY

Rocky Mountain Poison Center's specially trained nurses, pharmacists, and paraprofessionals are available to answer your questions at any time, every day of the year! Call us at 1-800-222-1222

Carbon Monoxide Safety

The start of brisk fall weather means that soon our furnaces will be kicking on and our fireplaces lit. Carbon monoxide can be a real concern if you're not prepared this autumn. Carbon monoxide is a tasteless, odorless gas created by burning fuel. According to the CDC, more than 100,000 people in the U.S. visit the emergency department each year due to accidental CO poisoning. Don't be a statistic!



Preventative action checklist

- ✓ Ensure your furnace is inspected regularly with maintenance professionals. Replace your filters according to manufacturer specifications.
- ✓ Check the batteries in your carbon monoxide detectors by pressing the "test" button.
- ✓ Never use gas powered heaters, stovetops or lanterns indoors.
- ✓ Do not warm your car up in an enclosed garage.
- ✓ If you have a fireplace, make sure the chimney is inspected and clear of debris and the flue is open before starting it up for the season.

Warning signs

The signs of carbon monoxide poisoning generally start as sleepiness, dizziness, headache, shortness of breath and nausea. If the affected person does not leave the area, this can escalate to vomiting, confusion, loss of coordination, loss of consciousness and death.

What to do if you suspect carbon monoxide poisoning

Immediately open all the windows in the house. Remove everyone to fresh air and **call 911**. DO NOT stay in the house and DO NOT go back in until emergency responders give you the "all clear". You can call the Poison Center at **1-800-222-1222** once you are safe.

Reminder: National Lead Poisoning Prevention week is Oct 22nd - 29th!

Celebrating Over 60 Years of Serving the Community & Industry