



Carbon Monoxide

ACTION STEPS

Never warm up a vehicle inside the garage.

Never use charcoal grills or run engines inside your home, garage or basement.

Have a heating contractor check your furnace, chimneys, and other sources of CO every fall.

Put carbon monoxide alarms near each sleeping area on every floor.

Never use kitchen stove or oven to heat your home.

**For more information:
1-406-994-3451 or the
number listed below.**



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**Resource HUD office of
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Where does carbon monoxide (CO) come from?

Fuel-burning appliances use gas, oil, or wood to produce heat. If they are not working right, they can make carbon monoxide (CO). Most gas appliances that have been put in and taken care of properly are safe and make very little CO, but unvented appliances may not be safe. Electric appliances do not burn fuel and so make no CO.

Should you be concerned?

You can't see, taste, feel, or smell carbon monoxide (CO). However, this deadly gas can make you very sick or even kill you. Over 500 people in the United States die every year after breathing too much CO. The signs of CO poisoning seem like the flu. Many people don't even know they've been breathing in CO. People who survive can suffer brain damage, lose their sight or hearing, or have heart problems. It is a major threat to your family's health. The good news is that you can prevent CO poisoning.

There can be so much CO in a burning building that breathing the smoke for as little as 1 minute can kill you. Lower levels, such as from commercial cigarette smoking, do not kill right away. Carbon Monoxide can cause many other health problems, though. Children, unborn babies, people with asthma, older adults, and other people with heart or lung problems are more likely to get hurt from breathing CO. But, remember, CO harms even healthy people.

Breathing in low levels of CO can hurt your brain, heart and other parts of your body. At high levels, the brain is so short of oxygen that you cannot think clearly. You lose control of your muscles and may be unable to move to safety. High-level CO poisoning can cause loss of consciousness, coma, and death.

What are the signs of CO poisoning?

People often think CO poisoning is the flu. That's because it can feel like the flu. Signs of low-level CO poisoning may include:

Headache, Nausea, Vomiting, Dizziness, Confusion, Tiredness, Weakness, Sleepiness, Tightness in chest, Trouble in breathing, Changes in senses of sight, smell, hearing, touch and taste.

Carbon Monoxide Alarms!

Carbon Monoxide (CO) alarms will help protect you and your family from sickness or death. A good alarm will make a loud noise when CO levels become too high. It's best to put one near each sleeping area and on each level of the home. Check the batteries on battery operated alarms every 6 months.