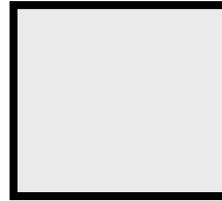


**Symptoms of Exposure  
to Carbon Monoxide (CO)  
in parts per million (ppm)**

**ppm**

<b>200</b>	Slight headaches, tiredness, dizziness, nausea after 2 or 3 hours
<b>400</b>	Frontal headaches within 1 to 2 hours; Life-threatening after 3 hours
<b>800</b>	Dizziness, nausea and convulsions within 45 minutes; Unconsciousness within 2 hours; Death within 2 to 3 hours
<b>1,600</b>	Headache, dizziness and nausea within 20 minutes; Death within 1 hour
<b>3,200</b>	Headache, dizziness and nausea within 5-10 minutes; Death within 30 minutes
<b>6,400</b>	Headache, dizziness and nausea within 1-10 minutes; Death within 10-15 minutes
<b>12,800</b>	Death within 1-3 minutes

**Scratch and Sniff**



**This is what carbon monoxide smells like**

**Protect  
Yourself from  
Carbon  
Monoxide  
Posioning**



**QUESTIONS  
AND  
ANSWERS**

**ABOUT**

**CARBON  
MONOXIDE  
(CO)**

Brought to you by the

**Virginia  
Weatherization  
Assistance  
Program**



*Weatherization  
Works*

### What is carbon monoxide?

Carbon monoxide is a colorless, odorless, deadly gas. Because you can't see, taste or smell it, carbon monoxide can kill you before you know it is there. Today's more energy efficient, airtight home designs contribute to the problem by trapping CO-polluted air inside the home.

### Why is carbon monoxide dangerous?

After being inhaled, CO is absorbed into the bloodstream, taking the place of oxygen. Less oxygen in your bloodstream affects all major organs, eventually resulting in brain damage or death.

### Where does carbon monoxide poisoning occur?

Appliances that use natural gas, liquified petroleum (LP gas), oil, kerosene, coal, or wood may produce CO. Burning charcoal and running cars produce CO. A clogged or blocked chimney or improper venting can also produce CO.

### Who is at risk for carbon monoxide poisoning?

Everyone is at risk! Carbon monoxide poisoning can happen to anyone, anytime, anywhere. Unborn children, infants, senior citizens and people with heart or respiratory problems are considered to be more vulnerable.

### How can I protect myself from CO poisoning?

Regular cleaning and maintenance of fuel burning appliances can help to prevent CO from being produced in the first place. Also, the Consumer Product Safety Commission recommends installing at least one carbon monoxide alarm per household.

### How do I know if I have CO poisoning?

The symptoms of carbon monoxide poisoning are similar to other common ailments such as the flu. Symptoms of low-level CO poisoning include headache, fatigue, nausea, dizziness and confusion.

### Concerned about CO poisoning? Ask yourself the following questions:

- Are other members of the household feeling ill as well?
- Do you feel better when you are away from the house for a period of time?
- Has a fuel burning appliance recently been repaired or replaced?

If you can answer yes to these questions, you may have carbon monoxide poisoning. To be sure, see your doctor and request a *carboxy-hemoglobin* test to determine whether elevated levels of carbon monoxide are present in the blood.