



Carbon Monoxide

In the home, heating equipment that burns fuel is a potential source of carbon monoxide, with November, December and January representing peak months for (non-fire) carbon monoxide incidents. Often called the silent killer, carbon monoxide is an invisible, odorless, colorless gas created when fuels burn incompletely. Exposure to carbon monoxide can be commonly accompanied by the following symptoms:

Headache	Dizziness
Nausea	Flu-like symptoms, fatigue
Shortness of breath on exertion	Impaired judgment
Chest pain	Confusion
Depression	Hallucinations
Agitation	Vomiting
Abdominal pain	Drowsiness
Visual changes	Fainting
Seizure	Memory problems
Walking problems	

To reduce the risk of carbon monoxide and other home heating hazards this winter, the nonprofit National Fire Protection Association (NFPA), the U.S. Fire Administration (USFA), and Enumclaw Fire Department have teamed up to promote their joint fire safety campaign,

“Put a Freeze on Winter Fires,”

and urge everyone to take the following precautions to prevent carbon monoxide in their homes:

- Make sure all fuel-burning equipment is vented to the outside. During and after a snowstorm or ice storm, make sure vents for the dryer, furnace, stove, and fireplace are clear of snow build-up to allow exhaust to free flow.
- Have heating equipment and chimneys inspected and cleaned annually by a qualified professional.
- If you use a generator, make sure it's used in a **well-ventilated location outdoors** away from windows, doors, and vents.

- Do not start a motor vehicle and allow it to warm up or run in a garage especially a garage connected to a house. Dangerous levels of CO can build up quickly.
- Install CO alarms in a central location outside each sleeping area and on every level of the home and in other locations where required by applicable laws, codes or standards.
- If the CO alarm sounds, **immediately** move everyone in your home to a fresh air location outdoors or by an open window or door and call 911 for help. Stay there until emergency personnel arrive to assist you.

For more heating fire safety advice from NFPA and USFA's "Put a Freeze on Winter" campaign, visit www.nfpa.org/winter.

There are many kinds of CO alarms to choose from. Installing them correctly and replacing the batteries and testing the alarm monthly are paramount. Check your local hardware store for CO Alarms.

