

## What is Carbon Monoxide Poisoning?



Carbon Monoxide (CO) is a poisonous gas that you cannot see or smell. Appliances fueled with natural gas, liquefied petroleum (LP gas), oil, kerosene, coal, gasoline or wood may produce CO. Burning charcoal or coals also produces CO. Improper use of gas or fuel burning appliances and inadequate ventilation can cause Carbon Monoxide poisoning.

The Centers for Disease Control and Prevention estimates that carbon monoxide kills approximately 500 people each year and injures another 20,000 nationwide.

It is also estimated that equipping all homes with a CO detection device would reduce injuries caused by Carbon Monoxide by 93%.

Carbon Monoxide associated illness and death are easily preventable when the proper guidelines are followed.



For Additional Information,  
please visit:  
[www.sdcdeh.org](http://www.sdcdeh.org)

San Diego County Fire Departments  
[www.firedepartments.net/county/ca/sandiegocounty.html](http://www.firedepartments.net/county/ca/sandiegocounty.html)

Information Specialist  
858-505-6900  
[fh dutyeh@sdcountry.ca.gov](mailto:fh dutyeh@sdcountry.ca.gov)

Complaints Specialist  
858-505-6903  
[fh dcomplaints@sdcountry.ca.gov](mailto:fh dcomplaints@sdcountry.ca.gov)

### County of San Diego

Food and Housing Division Phone: 858-505-6700  
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County of San Diego  
Department of  
Environmental  
Health

## GUIDELINES

### *Carbon Monoxide Illness and Injury Prevention*



This brochure provides information regarding carbon monoxide sources, poisoning prevention, and alarm requirements in San Diego County.

## Possible Signs and Symptoms of

### Carbon Monoxide Poisoning

- Every year in California CO accounts for between 30 and 40 deaths and 175 and 700 emergency room and hospital visits
- Symptoms include headaches, dizziness, nausea, disorientation and fatigue. CO poisoning is often mistaken for the flu.
- Effects of CO exposure can vary greatly from person to person depending on age, overall health and the concentration and length of exposure.
- Medical experts believe that unborn babies, infants, children, senior citizens and people with heart or lung problems are at an even greater risk for CO poisoning.

### What should I do if I have symptoms?

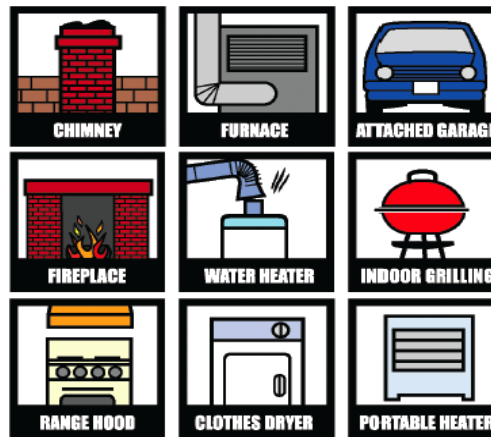
- If you are experiencing the symptoms of CO poisoning, **get fresh air immediately!**
- Open windows and doors for ventilation, turn off combustible appliances, and leave the house.
- Call 911 or visit a hospital emergency room and tell the physician you suspect CO poisoning.



*NEVER use charcoal indoors!*

## Carbon Monoxide Poisoning Prevention

- Ensure that a CO detector or alarm is installed in your home. Devices should be installed outside of sleeping areas and on each floor.
- Make sure appliances are installed according to manufacturer's instructions.
- Never use portable camping equipment indoors.
- Never leave a car running in an attached garage.
- Never use gas appliances, such as a stove, to heat your home.
- Do not use gasoline powered tools or generators indoors or outdoors near doors or windows.
- Do not operate unvented fuel burning appliances in rooms with closed doors and windows or in rooms where people are sleeping.



**POTENTIAL SOURCES OF CARBON MONOXIDE IN THE HOME**



### Does my home require a CO detector?

- CO detectors will be required in all rental units by January 1, 2013.

### Does my home have a smoke or a CO detector installed?

- Check with your landlord or property manager to see the specifications for the alarm that is installed in your home. Dual detectors (smoke and CO combined) are available.

### Who Is Responsible For The Installation Of Carbon Monoxide Devices?

- The property owner/manager is responsible for installation and maintenance of these devices. Check your devices monthly to ensure they work properly, use the alarm test button located on the device.