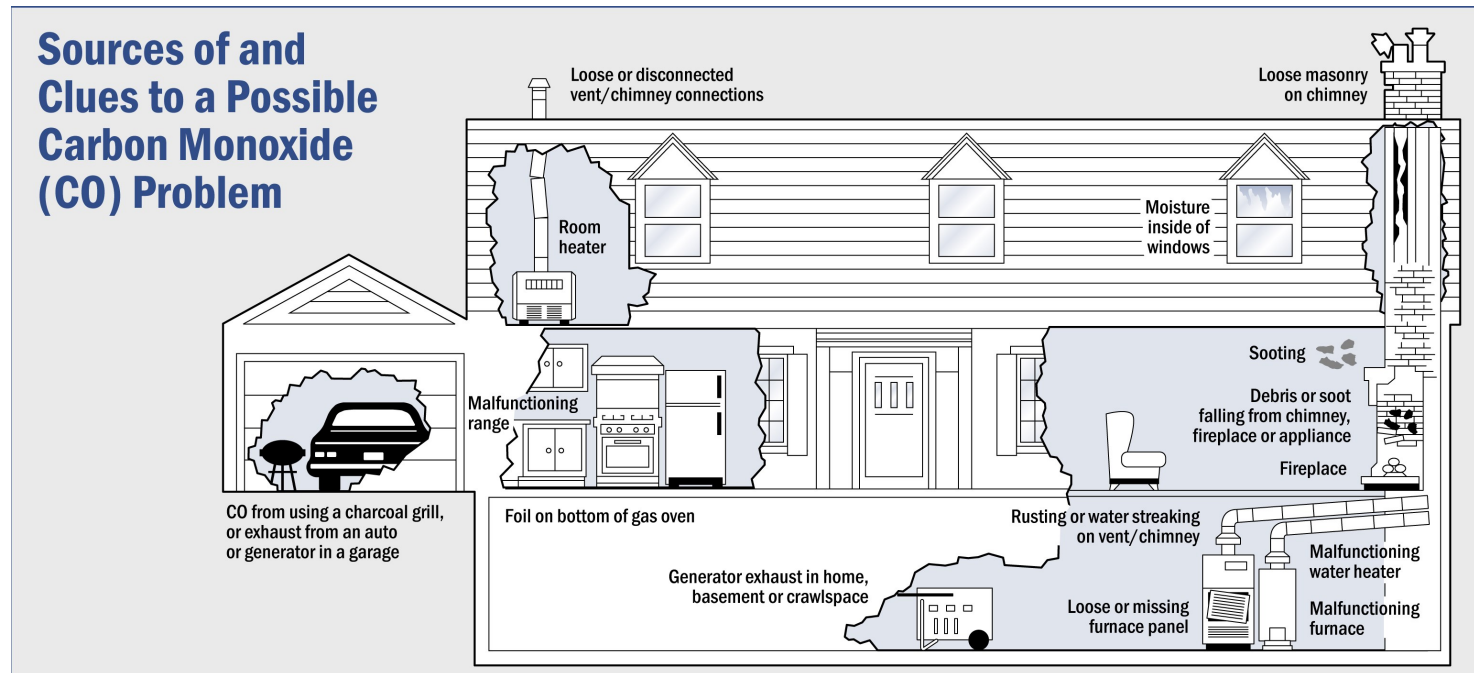


Leech Lake Environmental Health—Injury Prevention Program Along with Carbon Monoxide Safety



What should you do?

Proper installation, operation, and maintenance of wood/fuel burning appliances in the home is the most important factor.

All appliances are installed according to the manufacturer's instructions and the local codes.

Most appliances should be installed by professionals.

Always follow the appliance manufacturer's directions for safe operation.

Have the heating system (including chimneys and vents) inspected and serviced annually by a trained service technician.

Examine vents and chimneys regularly for improper connections, visible cracks, rust or stains.

When cooking and heating appliances are kept in good working order, they produce little CO.

Improperly operating appliances can produce fatal CO concentrations in your home.

CARBON MONOXIDE TIPS

1. **Install CO Detectors within 10 feet of sleeping areas & each level of your home.**
2. **Replace CO Detector every 5 years.**
3. **Proper maintenance includes regular testing, changing batteries once a year and periodic cleaning.**
4. **Inspect CO Detectors monthly in conjunction with Smoke Alarms.**

Symptoms of CO poisoning:

The initial symptoms of CO poisoning are similar to the flu (but without the fever) They include:

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness
- Loss of coordination

CO Levels (General Guidelines)

0-9 ppm No health risk

35-50 ppm Problems with long term exposure-8hrs. Chronic symptoms: headache, nausea.

Most Detector Alarms Go Off

50-70 ppm Exposure 2-3 hrs. Flu like symptoms, headache, nausea

70-200 ppm, Exposure -1 hr. Dizziness, fatigue, vomiting

200-800 ppm Minutes of exposure can cause unconsciousness, brain damage, DEATH

Leech Lake Health Division Environmental Health & Injury Prevention

Natasha Wells
Environmental Health Specialist
218-335-7241

Toll Free: 1-800-282-3389
312 1st NW, Suite E
Cass Lake, MN 56633

If you suspect that you are experiencing CO poisoning, get fresh air immediately.

You could lose consciousness and die from CO poisoning if you stay in your home. Leave the home and call the Fire Department for assistance to determine when it is safe to reenter the home.

Leech Lake Health Division Environmental Health Injury Prevention

Carbon Monoxide Safety

CARBON MONOXIDE (CO) IS THE SILENT KILLER.

Carbon Monoxide (CO) is a colorless and odorless gas. CO is a gas produced by burning. Therefore, any wood or fuel-burning appliance in your home is a potential CO source.