

## Know the Warning Signs of Carbon Monoxide Poisoning and Other Important Safety Tips

Know the physical symptoms of carbon monoxide (CO) poisoning, which may include dizziness, fatigue, nausea, vomiting, headache, ringing in the ears, blurred vision, stinging eyes and fainting. CO is colorless, odorless and toxic and is released when fossil fuels — such as oil, wood and natural gas — don't burn completely, which can be caused by improperly maintained appliances, blocked vents and chimneys. **If you suspect CO poisoning, leave the building or area immediately and call 911.**

The Consumer Product Safety Commission recommends putting CO detecting alarms outside the bedrooms in each separate sleeping area. Locate smoke alarms on each level of the house and inside every bedroom. Check batteries on alarms monthly and change them at least twice annually.

**Never use your stovetop or oven to heat your home.** It could result in CO poisoning and fire.

If you use a space heater, keep combustibles at least 3 feet away. Turn it off when sleeping or leaving the room.



**Washington  
Gas**