



Public Health
Prevent. Promote. Protect.

Lake County General Health District

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Frank Kellogg, R.S., M.P.H., Health Commissioner

NEWS RELEASE
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LAKE COUNTY GENERAL HEALTH DISTRICT

AS THE WEATHER TURNS COLDER, PROTECT YOURSELF FROM CARBON MONOXIDE POISONING

Every year, more than 500 people die from accidental carbon monoxide (CO) poisoning. CO poisoning deaths have been reported in Toledo, Austintown, Fremont and Union Township in the past few years. On November 6, 2014, a family of six from Cleveland was taken to the hospital for carbon monoxide poisoning. As we move into colder weather, Lake County General Health District is reminding everyone to protect themselves from sources of carbon monoxide poisoning that are more commonly in use this time of year.

Carbon Monoxide (CO) is an odorless, colorless gas that can cause sudden illness and death if you breathe it. CO is found in combustion fumes, such as those produced by furnaces, water heaters, small gasoline engines, stoves, generators, lanterns and gas ranges, or by burning charcoal and wood. People and animals in enclosed or partially enclosed spaces with these items can be poisoned and die from breathing in CO.

The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain and confusion. People who are sleeping or who have been drinking alcohol can die from CO poisoning before ever having symptoms. If you think you may have CO poisoning, call your doctor right away.

To prevent CO poisoning:

- **DO** have your heating system, water heater and any other gas, oil or coal burning appliances serviced by a qualified technician each year.
- **DO** have at least one working carbon monoxide detector (They make great gifts!). Check the detector's batteries twice annually, at the same time smoke detector batteries are checked. **If the detector sounds, leave your home immediately and call 911.** Also, check the end of life date on the detector; it may need to be replaced.
- **DO** seek medical attention if you think you have CO poisoning and are feeling dizzy, lightheaded or nauseous.
- **Do NOT** use generators, grills, camp stoves, or other gasoline, propane, natural gas, or charcoal-burning products inside a home, basement, garage, camper, or even outside near an open window. This is especially important to remember during a power outage.
- **Do NOT** warm up or run a car or truck inside a garage attached to your house, even if you leave the garage door open. Make sure to shut off vehicles when parking in a garage.
- **Do NOT** burn anything in a stove or fireplace that isn't vented.
- **Do NOT** heat your house with a gas oven.

For more information on CO poisoning, call the Lake County General Health District at (440) 350-2543 or visit our website at <https://www.lcghd.org/Carbonmonoxide> .

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