

CARBON MONOXIDE POISONING

What is Carbon Monoxide?

Carbon monoxide is a colourless, odourless, tasteless, deadly gas. It is produced by the burning of almost any fuel including wood, charcoal, diesel or gasoline. Carbon monoxide poisoning usually results from the use of fuel-burning equipment in unventilated or enclosed areas.

How is it Dangerous?

Carbon monoxide is a deadly gas and can be very harmful to your health if you are exposed to it for an extended period of time. Because it is impossible to see, smell or taste, it can easily go undetected.

The danger of carbon monoxide poisoning is its attraction to the hemoglobin in your blood. Carbon monoxide is breathed in through your lungs and gets into your blood stream where it binds to your hemoglobin. This binding displaces your much needed oxygen causing your body to slowly begin to suffocate internally.

**CARBON MONOXIDE
DETECTORS ARE AN INEXPENSIVE
WAY TO HELP DETECT CARBON
MONOXIDE GAS IN YOUR HOME.**

What are the Symptoms of Carbon Monoxide Poisoning?

- Headaches
- Dizziness
- Drowsiness
- Mental confusion
- Palpitations
- Blurred vision
- Loss of coordination
- Nausea or vomiting
- Fatigue or weakness
- Shortness of breath
- Rosy skin colour
- Convulsions



**Symptoms may vary depending
on the amount of exposure.**

What to do if exposed?

If you suspect carbon monoxide poisoning, GET FRESH AIR IMMEDIATELY! Get to an uncontaminated area and call for emergency assistance. Do not re-enter the exposed area until local officials say it is safe to do so.



QUESTIONS?

Contact a Public Health Inspector at one of these Northwestern Health Unit offices:

KENORA
Phone: (807) 468-3147
OR 1-800-830-5978

DRYDEN
Phone: (807) 223-3301
OR 1-888-404-4231

FORT FRANCES
Phone: (807) 274-9827
OR 1-800-461-3348