



Carbon Monoxide

During the winter months the Lyndhurst Fire Department sees numerous calls related to Carbon Monoxide (CO). Below are some facts about carbon monoxide and carbon monoxide poisoning.

- **What is Carbon Monoxide?**

Carbon monoxide (CO) is an odorless, colorless gas that interferes with the delivery of oxygen in the blood to the rest of the body. It is produced by the incomplete combustion of fuels.

It can be emitted by combustion sources such as unvented kerosene and gas space heaters, furnaces, woodstoves, gas stoves, fireplaces and water heaters, automobile exhaust from attached garages, and tobacco smoke. Problems can arise as a result of improper installation, maintenance, or inadequate ventilation.

- Health effects include:

- Fatigue
- Headache
- Weakness
- Confusion

- **How Do I Prevent Carbon Monoxide Poisoning?**

Make sure chimneys, fireplaces and other areas are annually inspected and cleaned by a certified technician. Do not use ovens or gas ranges to heat your home. Never leave a lawn mower or car running in an enclosed space. Have a carbon monoxide alarm in your home. If the alarm goes off check that it is the carbon monoxide monitor, check for poisoning symptoms and clear out of area immediately if someone is experiencing symptoms. If not, thoroughly ventilate your home.

- **How Do I Treat Carbon Monoxide Poisoning?**

Get fresh air immediately. Open doors and windows. Leave the house. Call 911.

- **Facts about CO detectors**

Your CO detector should be located near a heat register near your bedrooms. Your CO detector will alarm just like a smoke detector when it registers CO. It will also alert you to a low battery similarly to smoke alarms by beeping once every 5 seconds or so.