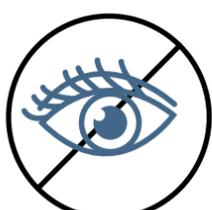




# Keeping your family safe from Carbon Monoxide at home

## What is carbon monoxide (CO) ?

Carbon monoxide is a toxic gas that is often called "The Silent Killer" because:



You can't see it



You can't smell it



You can't taste it



Every year in Canada, more than 300 people die and 200 more are hospitalized from carbon monoxide poisoning.

## What can you do?

# 1

### Know the symptoms of CO Poisoning.



Symptoms can include:

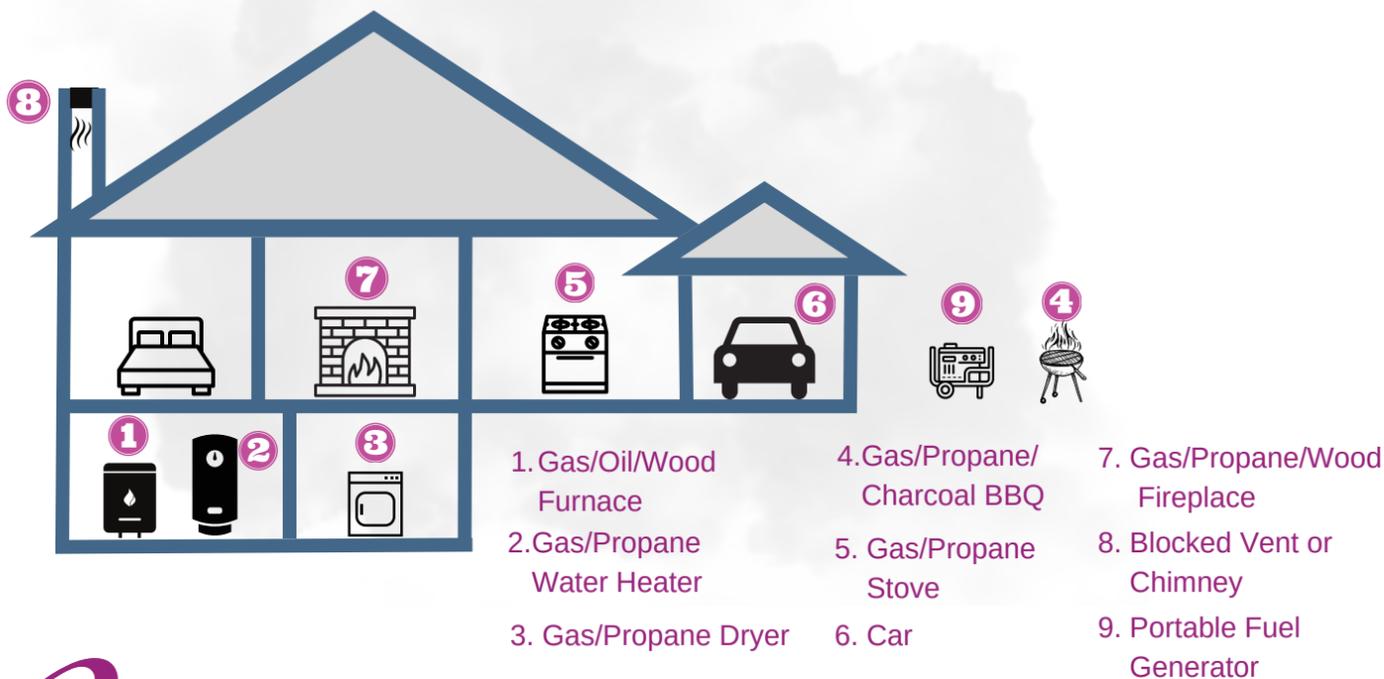
- headache
- dizziness
- weakness
- nausea
- vomiting
- chest pain
- confusion



If CO levels are high, you may **pass out** or **die**.

# 2

### Be aware of common CO risks in your home.



# 3

### Take action to reduce CO risks.



Have an alarm on every level of your home. Test all CO and smoke alarms every year.



Never leave your car running while it is inside the garage. Make sure the exhaust pipe is always clear (e.g. snow).



Get the fuel-burning appliances in your home inspected every year.



Only use generators, barbeques and camp stoves outdoors and well away from windows and doors.

# 4

### What should YOU do if your CO alarm goes off?



Move everyone outside to the fresh air, **immediately**.



Call 911 or your local fire department. **Do not re-enter the home until you are told it is safe.**



### Poison Centre Number:

In NS, PEI, NB and NL, call the Atlantic Canada Poison Centre at 1-844-POISONX (1-844-764-7669)

A program of IWK Health



[www.childsafetylink.ca](http://www.childsafetylink.ca)