Carbon monoxide, or CO, is a dangerous gas that you cannot see, smell or taste. **Carbon monoxide can be deadly.** By knowing more about CO, you can protect yourself and your family from CO poisoning.

**Sources of carbon monoxide**

CO can come from anything that burns fuels, especially if it is not used or vented in the right way. Examples include:

- Furnaces
- Wood stoves
- Kerosene heaters
- Generators
- Gas-powered home appliances
- Gas-powered tools
- Gas and charcoal grills
- Cars and trucks
- Gas-powered home appliances
- Gas-powered tools
- Gas and charcoal grills
- Cars and trucks

**Symptoms of carbon monoxide poisoning**

CO poisoning can feel like the flu without a fever, but in a very short amount of time it can become very serious. CO can cause:

- Headache
- Dizziness
- Fatigue
- Shortness of breath
- Nausea
- Vomiting
- Passing out
- Death

**If you think you have been exposed to carbon monoxide:**

- Get yourself and others to fresh air immediately
- Call 911 or your local fire department
- Call the Northern New England Poison Center at 1-800-222-1222
- Return to the area only after the fire department tells you it is safe

To learn more about carbon monoxide poisoning and to get information about CO alarms:

**Call 866-292-3474**
**Visit www.maine.gov/dhhs/eohp/air/co.htm**

Maine Center for Disease Control and Prevention, Environmental and Occupation Health Programs

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