FACTS ABOUT CARBON MONOXIDE

Carbon monoxide (kar-buh-nuh muh-nok-side) is a gas. It can poison you if you try to stay warm the **WRONG** way.

**WHAT CAN CARBON MONOXIDE DO TO ME?**

It can make you very **sick or kill you.** It can hurt **babies and pets,** too.

- **Headache**
- **Tired**
- **Dizzy**
- **Chest Pain**
- **Upset Stomach**

**WHAT SHOULD I DO IF I GET SICK?**

- Go outdoors and get fresh air.
- Call **911.**
- Get medical help.

**HOW WILL I KNOW IF CARBON MONOXIDE IS IN MY HOME?**

You cannot see or smell it. You can buy a carbon monoxide detector (dee-tek-ter) at a local store. The detector will make a loud noise when carbon monoxide is in the air.

FOR MORE INFORMATION

Lake Cumberland District Health Department
1-800-928-4416

Kentucky Cabinet for Health and Family Services, Frankfort, KY
(502) 564-7243
http://chfs.ky.gov/dph/preparedness

Kentucky Regional Poison Center
Louisville, Ky
Emergency: 1-800-222-1222
http://www.krpc.com
BE SAFE WHEN THE POWER IS OFF

Carbon monoxide (kar-buhn muh-nok-side) is a gas. You cannot see or smell it. It can make you sick or kill you.

**DON’T STAY WARM THE WRONG WAY.**

- Do not use a gas oven for heat.
- Do not use a grill indoors.
- Do not run your car in the garage, even if the garage door is open.
- Do not use a generator indoors.

**DO STAY WARM THE RIGHT WAY.**

- Wear more clothes and a hat.
- Use extra blankets.
- Stay in bed.
- When using a kerosene (ker-uh-seen) heater, open a door or window.
- Keep a generator outdoors and 25 feet away from your home and other homes.
- Heat one room. Use a space heater or fireplace.
- Close doors to other rooms.

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