

# FACTS ABOUT CARBON MONOXIDE

**Carbon monoxide** (kar-buhn muh-nok-side) is a gas. It can poison you if you try to 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.**

## 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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