



Prescriptions for PREVENTION



Guidance from the Western States
Pediatric Environmental Health Specialty Unit

Carbon Monoxide (CO) Environmental Exposure



Did you know?

Carbon monoxide (CO) is an odorless, colorless, tasteless gas produced by the burning of various fuels, especially natural gas, coal/charcoal, wood stoves/fireplaces, tobacco, oil, kerosene and propane. CO poisonings can occur from car exhaust or faulty furnace fumes filling up a small space- they also often occur during power outages related to severe storms due to the increased use of generators.



Do

- ✓ **Have CO detectors** in your home:
 - ✓ Install on every floor and near every sleeping area of the home;
 - ✓ Test regularly as suggested by manufacturer;
 - ✓ Clean detectors with a vacuum regularly to remove dust and debris;
 - ✓ Replace batteries and detector as needed.
- ✓ **Open the garage door before starting your car.** Never leave your car running in your garage.
- ✓ **Use generators outside** and more than 20 feet away from the home.
- ✓ **Keep your fuel-burning appliances** and engines (including cars and boats) properly maintained and vented.
- ✓ **If you smoke**, quit.



Don't

- ✗ **Don't have children or others wait** in a running vehicle while snow is shoveled. Snow can block the tailpipe leading to CO buildup inside the vehicle.
- ✗ **Don't use a generator inside the home** or garage, or on a covered porch, even with windows and doors open.
- ✗ **Don't allow smoking** in your home or vehicle.



For more information, scan the code or visit
wspehsu.ucsf.edu/prescriptions-for-prevention-environmental-hazards