



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 fuels, especially natural gas, coal/charcoal, wood stoves/fireplaces, tobacco, oil, kerosene, and propane. CO poisoning can occur from car exhaust or faulty furnace fumes filling a small space. It also often occurs 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 (ex. soft brush attachment) regularly to remove dust and debris;
 - Replace batteries and detectors as needed.
- Open the garage door before starting your car. Never leave your car running in your garage. Ensure that the door between your garage and your home is kept shut and has a tight seal. Try to add ventilation to your garage.
- 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.
- Always use generators outside and more than 20 feet away from the home.
- Don't allow smoking in your home or vehicle.



For more information, scan the code or visit

<https://wspehsu.ucsf.edu/curriculum-tools/prescriptions-for-prevention/>

Material developed in partnership with the Environmental Research and Translation for Health (EaRTH) Center: <https://earth.ucsf.edu>