

## How can I prevent carbon monoxide poisoning?

- Have chimneys and heating systems checked every year.
- Install carbon monoxide detectors in sleeping areas.
- Never run a car in a garage or against a snow bank.
- Never use charcoal grills in your home, a garage, or tent.
- Never use a stove or oven for heat.
- Do not use kerosene or propane space heaters inside.

- Your Poison Control Center is open 24 hours a day, 7 days a week.
- Pharmacists and nurses certified in poison information are there to give advice.
- All calls are free and confidential.
- Translation services are provided.
- Ask for free brochures, telephone stickers, and magnets.



**POISON**  
**Help**<sup>TM</sup>  
**1-800-222-1222**

212-POISONS (212-764-7667)  
212-689-9014 TDD

Visit our website at  
[nyc.gov/health](http://nyc.gov/health)



You Can  
Prevent Carbon  
Monoxide  
Poisoning

**New York City  
Poison Control Center**  
Call 1-800-222-1222  
24 hours a day,  
7 days a week

## Why do I need to know about carbon monoxide?

Carbon monoxide is the leading cause of poisoning death in the United States. It is a colorless and odorless gas that comes from the incomplete burning of fuel. You can take steps to protect your family from carbon monoxide poisoning.

## What causes carbon monoxide poisoning?

- Heating systems not working properly
- Gas stoves used for heat
- Clogged or dirty chimneys
- Cars running in an enclosed space

## Who is at risk for carbon monoxide poisoning?

Everyone is at risk. It's most dangerous for pregnant women, infants, seniors and people with health problems.

## What are the symptoms of carbon monoxide poisoning?

Symptoms are similar to the flu. They include:

- headache
- nausea
- vomiting
- dizziness
- sleepiness
- trouble breathing

## How do I use a carbon monoxide detector?

Put a carbon monoxide detector in the sleeping areas of your home. Be sure to follow the directions included with the detector. Do not put detectors within five feet of gas burning appliances such as stoves and dryers or near cooking areas.

## What should I do if the carbon monoxide detector alarm sounds?

Do not ignore the alarm. Open all windows. Leave the area. Call your local fire department. Call your Poison Control Center at **1-800-222-1222**.

**Call the New York City Poison Control Center at 1-800-222-1222 or 212-POISONS (212-764-7667).**



Never use a stove or oven to heat your home.



Have chimneys and heating systems checked yearly.



Never run a car in a garage or against a snow bank.



Install carbon monoxide detectors in sleeping areas.