

What's happening at Lewis County



Changing Lives ... One family at a time

Carbon Monoxide Poisoning

Adapted from Medline Plus (US National Library of Medicine)

Carbon monoxide is an odorless gas that causes thousands of deaths each year. Breathing in carbon monoxide is very dangerous. It is the leading cause of poisoning death in the United States.

Poisonous Ingredient: Carbon monoxide is a chemical produced from the incomplete burning of natural gas or other products containing carbon.

Where found: The following items may produce carbon monoxide:

- ◆ Anything that burns coal, gasoline, kerosene, oil, propane, or wood.
- ◆ Automobile engines
- ◆ Charcoal grills (charcoal should never be burned indoors)
- ◆ Indoor and portable heating systems
- ◆ Portable propane heaters
- ◆ Gas Stoves (indoor and camp stoves)
- ◆ Water heaters that use natural gas

Note: this list may not be all inclusive

Symptoms: When you breathe in carbon monoxide, poison replaces the oxygen in your bloodstream. Your heart, brain, and body will become starved of oxygen. Symptoms vary from person to person.

- ◆ Breathing problems (includes: no breathing, shortness of breath, or rapid breathing)
- ◆ Chest pain
- ◆ Coma
- ◆ Confusion
- ◆ Convulsions
- ◆ Dizziness or fainting
- ◆ Drowsiness
- ◆ Headache
- ◆ Hyperactivity
- ◆ Impaired judgment
- ◆ Irritability
- ◆ Low blood pressure
- ◆ Muscle weakness
- ◆ Rapid or abnormal heart beat
- ◆ Shock
- ◆ Nausea and vomiting
- ◆ Unconsciousness

Home Care: Immediately move to fresh air and seek medical help.

Prevention: Install a carbon monoxide detector on each floor of your home. Place an additional detector near any major gas-burning appliances (such as a furnace or water heater).

Before calling Emergency: If possible, determine the following information:

- ◆ Patient's age, weight, and condition (for example, is the person awake or alert?)
- ◆ How long they may have been exposed to the carbon monoxide (if known).

However, DO NOT delay calling for help if this information is not immediately available.

**If you have an exposure, you should call 911 or
The National Poison Control Center at 1-800-222-1222**

Has Opportunities helped you? Send your story to "News" at the address below.

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(315) 376-8202

Monday - Friday: 8 am - 4 pm
www.lewiscountyopportunities.com

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376-2981

24-hour Crisis Hotline
376-HELP (4357)