

# Carbon Monoxide Guidance



Free guidance on the effects of Carbon Monoxide Poisoning and how to keep safe.

Delivered in conjunction with



# SGN





## What is Carbon Monoxide?

CO is a highly poisonous gas that is invisible, has no smell or taste. It is produced by the incomplete burning of fuels like wood, oil or gas.

## Which appliances in the home can produce it?

Lots of different appliances can cause CO, the most common in the home are:

- gas cookers & appliances, boilers and heaters
- oil burners and heaters
- stoves and open fires that burn wood or coal or other fuel

## What are the effects of CO poisoning?

The symptoms may come and go. They may get worse when you spend time in an affected room and get better when you leave or go outside. The symptoms can include:

- headache
- feeling weak
- dizziness
- confusion
- feeling sick
- chest and muscle pain
- being sick
- shortness of breath

In some cases CO poisoning can lead to death.

## How can I prevent CO poisoning?

- install a CO Alarm in each room that has an appliance that can produce CO
- get all appliances installed, serviced and maintained properly
- keep chimneys and flues maintained

If you are being supported by Home-Start Hampshire and do not have a working CO Alarm, please contact us and we will do our best to help you.