

# Carbon Monoxide Advice Sheet

Carbon monoxide (CO) is a highly poisonous gas that has no taste, colour or smell.

- **Potential Sources of CO**
- **Wood-burning stoves**
- **Gas boilers and fires**
- **Gas Hobs**
- **Oil and coal burning appliances**
- **Portable gas heaters**
- **Blocked flues and chimneys**
- **Fumes from integral garages**
- **Barbecues**

This CO alarm is no substitute for proper maintenance of your appliances.

Carbon monoxide can be produced from poorly burning appliances or from blocked flues and chimneys.

If your alarm has sounded and you have ventilated the room the CO may have dispersed before help arrives. It is crucial that the source of CO is determined, and appropriate maintenance carried out.

## Useful Telephone Numbers

Gas Emergency Services 0800 111 999

HETAS (Solid Fuel) 0845 634 5626

Oftec (oil) 0845 658 5080

CoGDEM Advice Line 0800 1694 457

Carbon monoxide is a cumulative poison meaning long-term exposure to low levels may cause symptoms. This Kidde alarm is time-weighted – the higher the level of CO, the sooner it will alarm.

The symptoms of CO poisoning can easily be misdiagnosed as flu or food poisoning. They include;

Parts per Million (PPM)	Effects on Adults
<b>100</b>	Slight headache, nausea, fatigue (flu-like symptoms)
<b>200</b>	Dizziness and headache within 2 – 3 hours
<b>400</b>	Nausea, frontal headache, drowsiness, confusion and rapid heart rate. Risk to life after over 3 hours of exposure
<b>800</b>	Severe headaches, convulsions, vital organ failures. Death possible within 2 – 3 hours