**What is carbon monoxide?**

Carbon monoxide, often called CO, is a poisonous gas. You cannot see, smell, or taste it. Carbon monoxide poisoning can happen when you have a large amount of this gas in the air in your home at one time, or smaller amounts of the gas in the air for several days. Carbon monoxide is produced when fuels like gas, oil, kerosene, wood, charcoal, or coal burn.

**What does carbon monoxide poisoning do to our bodies?**

Carbon monoxide poisoning can make you headachy, dizzy, tired, or sick to your stomach. If you and your family feel this way in your home, and then get better when you leave your home, and then get the same sick feelings back when you return home, you may have carbon monoxide poisoning.

**Carbon Monoxide Can Kill You.**

Carbon monoxide can get in your home when fuels are burned to heat your home, to heat water, or when cooking. Your heating equipment should vent (send) this gas outside of your house. Sometimes chimneys don't work well and the burning gases get into your house. Carbon monoxide in car exhaust may leak into your home from an attached garage.

**How do I keep carbon monoxide from getting into my home?**

Air in the room mixes with the burning gases and
rov qab los rau hauv tsev. Yog thaum twg koi qhov chaws rhaub dej kub ntawd pib rhaub dej, qhov chaws uass xa cov pa tawm ntawd yuav tsum kub heev.

**Leej twg thiaj li raug cov pa nkev no lom?**

Tluxaus tus tib neeg yeej raug tau cov pa nkev no lom yog tias yus nqus tau cov pa nkev no ntau heev rau hauv yus lub cev. Tluxaus leej txhua tus! Tabsi cov pa nkev no yuav raug heev tshaj rau cov poj niam cew xeeb lub, cov menyuam uas nyob hauv plab, cov me nyuam mos liab, cov menyuam yaus, cov neeg laus, thiab cov neeg uas muaj mob ntshav tsuag, mob plawv, los si mob ntsws.

**Who is at risk for carbon monoxide poisoning?**

Everyone can be poisoned by breathing in too much carbon monoxide. **Everyone!** But this gas is especially dangerous for pregnant women and their unborn babies, infants, children, elderly people, and people who have anemia or some heart and lung health problems.

**Yuav ua li cas kuv thiaj li paub tias hauv kuv tsev muaj cov pa nkev ntau heev lawm?**

Kws kho mob thiab cov neeg uas txawj kho qhov chaws tso pa sov xav kom nej hu ib tug neeg ua paub txog hlauv taws sov "hij" tuaj xyuas nej qhov chaws tso hij los sis qhov chaws rhaub dej kub. Koj muaj peev xwm yuav tau ib lub ntsuas pa nkev cias rau hauv koi tsev. Koj yuav tsum muab lub ntsuas pa nkev no mus tso kom ze koj chav pws. Yog thaum twg lub ntsuas pa nkev no nrov lawm ces koj tsev neeg yuav paub tias hauv koi lub tsev muaj cov pa nkev no ntau heev lawm. Lub ntsuas pa no raug nqi li $30.00 duas las mus rau $50.00 duas las. Koj mus yuav tau lub ntsuas pa no hauv cov khws muag khoom lub nqi los sis cov khoa ua muag khoom siv rau hauv tsev.

**How can I find out if my home has too much carbon monoxide in it?**

Health professionals and heating equipment experts recommend that you have a trained person check your heating equipment. You can install a carbon monoxide detector with an alarm in your home. Install this detector near bedrooms so that the detector's alarm will wake your family if too much carbon monoxide is in the air. Detectors can vary in cost from about $30 to $50. You can buy them at hardware and discount stores.

**Yuav ua li cas yog thaum twg lub ntsuas pa nkev no nrov lawm?**

Kom koi tsev neeg tawm kom tag mus nraum zoov thiab hu 911. Qhov no tseev ceeb heev yog tias koi tsev neeg muaj mob ib tug lawm. Tus neeg teb xov tooj yuav nug ntau yam lus txog koi thiab koi tsev neeg seb puas nxim nws hu rau qhov chaws (tua hlauv taws los sis lub tsheb thauj neeg mob) tuaj. Yog tias tsis yog ib qhov xwm ceev heev:

1. Qhib qhov rais
2. Yog ua tau, kaw qhov chaw tso nkevtawm rau koi lub tsev
3. Hu rau koi qhov chaw tso nkev los sis hu rau ib tug neeg uas txawj kho hij "heat"

**Yuav ua li cas yog thaum twg lub ntsuas pa nkev no nrov lawm?**

Kws kho mob thiab cov neeg uas txawj kho qhov chaws tso pa sov xav kom nej hu ib tug neeg ua paub txog hlauv taws sov "hij" tuaj xyuas nej qhov chaws tso hij los sis qhov chaws rhaub dej kub. Koj muaj peev xwm yuav tau ib lub ntsuas pa nkev cias rau hauv koi tsev. Koj yuav tsum muab lub ntsuas pa nkev no mus tso kom ze koj chav pws. Yog thaum twg lub ntsuas pa nkev no nrov lawm ces koj tsev neeg yuav paub tias hauv koi lub tsev muaj cov pa nkev no ntau heev lawm. Lub ntsuas pa no raug nqi li $30.00 duas las mus rau $50.00 duas las. Koj mus yuav tau lub ntsuas pa no hauv cov khws muag khoom lub nqi los sis cov khoa ua muag khoom siv rau hauv tsev.

**What do I do if the alarm on my detector rings?**

Get the family outside and call 911. This is very important if anyone in your family feels sick. The operator will ask you questions to see if an emergency response (fire department or ambulance) is necessary. If not an emergency:

1. open windows
2. if possible, shut off fuel-burning equipment
3. contact your fuel supplier or someone trained to repair heating equipment or chimneys.
If I have a carbon monoxide problem in my home, how can I fix it?

If you rent your home, call the landlord or the building manager who collects your rent.

If you own your home, call your fuel supplier or someone who is trained to repair heating equipment. They will test your equipment, find the source of the carbon monoxide, and fix it or tell you who can fix it.

How can I protect myself and my family from carbon monoxide poisoning?

Make sure that heating equipment, chimneys, and vent pipes are in good condition.

Buy a carbon monoxide detector and install it near your family’s bedrooms.

Burn charcoal or use outdoor gas grills only outside your house. Do not use inside your house, or in your garage if it is attached to your house.

Never leave your car motor, snowblower, or lawn mower running in an attached garage so that carbon monoxide does not leak into your house.

Do not use a gas range or oven to heat your home. The oven burners will make too much carbon monoxide inside your house.

Where can I get more information?

For more information (in English) on carbon monoxide poisoning, call the Minnesota Department of Health. In the Twin Cities, call (651) 201-4601, outside of the Twin Cities call (800) 798-9050, or call your city or county board of health or your county extension office.

For information (in English), go to: Carbon
Monoxide (CO) Poisoning in Your Home
(http://www.health.state.mn.us/divs/eh/indoors/co/index.html) (Minnesota Department of Health)

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