Leech Lake Environmental Health—Injury Prevention Program
Along with Carbon Monoxide Safety

Sources of and Clues to a Possible Carbon Monoxide (CO) Problem

What should you do?

Proper installation, operation, and maintenance of wood/fuel burning appliances in the home is the most important factor.

All appliances are installed according to the manufacturer’s instructions and the local codes.

Most appliances should be installed by professionals.

Always follow the appliance manufacturer’s directions for safe operation.

Have the heating system (including chimneys and vents) inspected and serviced annually by a trained service technician.

Examine vents and chimneys regularly for improper connections, visible cracks, rust or stains.

When cooking and heating appliances are kept in good working order, they produce little CO. Improperly operating appliances can produce fatal CO concentrations in your home.

CARBON MONOXIDE TIPS

1. Install CO Detectors within 10 feet of sleeping areas & each level of your home.
2. Replace CO Detector every 5 years.
3. Proper maintenance includes regular testing, changing batteries once a year and periodic cleaning.
4. Inspect CO Detectors monthly in conjunction with Smoke Alarms.
Carbon Monoxide Safety

Leech Lake Health Division Environmental Health & Injury Prevention

Natasha Wells
Environmental Health Specialist
218-335-7241
Toll Free: 1-800-282-3389
312 1st NW, Suite E
Cass Lake, MN 56633

If you suspect that you are experiencing CO poisoning, get fresh air immediately. You could lose consciousness and die from CO poisoning if you stay in your home. Leave the home and call the Fire Department for assistance to determine when it is safe to reenter the home.

Symptoms of CO poisoning:
The initial symptoms of CO poisoning are similar to the flu (but without the fever) They include:

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness
- Loss of coordination

CO Levels (General Guidelines)

<table>
<thead>
<tr>
<th>CO Levels</th>
<th>Description</th>
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<tbody>
<tr>
<td>0-9 ppm</td>
<td>No health risk</td>
</tr>
<tr>
<td>35-50 ppm</td>
<td>Problems with long term exposure – 8hrs. Chronic symptoms: headache, nausea.</td>
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<tr>
<td>50-70 ppm</td>
<td>Exposure 2-3 hrs. Flu like symptoms, headache, nausea</td>
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<tr>
<td>70-200 ppm</td>
<td>Exposure 1 hr. Dizziness, fatigue, vomiting</td>
</tr>
<tr>
<td>200-800 ppm</td>
<td>Minutes of exposure can cause unconsciousness, brain damage, DEATH</td>
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Carbon Monoxide (CO) is a colorless and odorless gas. CO is a gas produced by burning. Therefore, any wood or fuel-burning appliance in your home is a potential CO source.