

Carbon monoxide in the home can kill



Be aware of the symptoms:



Headaches



Dizziness

Tiredness



Nausea

Carbon monoxide (CO) is potentially fatal, and even low levels can cause lasting damage to your health. It is a colourless, odourless, tasteless, invisible gas, which in high concentrations can kill swiftly. In small concentrations, or over a prolonged period of time, CO poisoning can give symptoms similar to flu or food poisoning.

CO is produced when fuels such as gas, oil, coal and wood don't fully burn. CO poisoning kills 40 people and injures a further 300 every year in the UK. If you have cookers, heaters, boilers, gas fires, open fires, or log burners, which use any of these fuels, you need to fit a CO detector.

- **Have your gas appliances checked regularly by a Gas Safe registered engineer** - check their ID card carefully to ensure they are competent
- **Have your chimney checked and swept annually**
- **Never cover airbricks** - these are for ventilation
- **Never run a car in a garage even if the garage door is open** - fumes can build up very quickly in the garage and in your home
- **Never use a gas oven / grill** to heat your home, even for a short time
- **Never ignore symptoms** - particularly if more than one person is feeling them

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