

Carbon monoxide 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.

- **Never take a barbeque into an enclosed tented area, caravan or boat** - doing this could cause dangerous levels of CO to build up
- **Never use a fuel-burning appliance to heat your tent or awning** - stoves and barbeques are designed for cooking, not space heating
- **Ensure all fuel burning appliances are regularly serviced** and well maintained
- **Never run a gas, petrol or diesel powered generator** inside or near a caravan, motorhome, tent or awning
- **Consider using a CO alarm**, although it should never be completely relied upon, you should always take precautions to prevent CO poisoning

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