

Carbon Monoxide Information

What is carbon monoxide?

Carbon monoxide (CO) is a colourless, odourless, tasteless but toxic gas created by the incomplete combustion of fossil fuels (gas, oil, coal and wood). It can be produced due to a fault or improper installation of everyday appliances such as heaters, open fires, log burners and boilers.

Why should I be worried about carbon monoxide?

Carbon monoxide is highly poisonous and very difficult to detect without a carbon monoxide detector. Exposure to it can cause serious illness, long term health problems and even death. Take a look at the symptoms listed below so that you can be in the know about CO.

Take these simple steps to protect your household:

- Make sure rooms and heaters are well ventilated.
- Have your chimneys and flues checked regularly.
- Make sure boilers and heaters are maintained and serviced regularly by a qualified engineer.
- Install at least one **carbon monoxide detector** in your home and test it regularly.



A carbon monoxide alarm will sound if it detects carbon monoxide in your home. Act fast! You could be at risk.



If you suspect the presence of carbon monoxide in your home:

1. Open all doors and windows immediately
2. Turn off any fuel appliances and the mains gas supply if you can
3. Leave the property
4. Contact the Gas Emergency Services on **0800 111 999**
5. If you live alone, alert a friend, neighbour or family member.

Seek medical help if you suspect carbon monoxide poisoning.

Look out for these symptoms:

- Nausea or vomiting
- Headaches or dizziness
- Flu-like symptoms
- Difficulty breathing
- Stomach pains
- Drowsiness or confusion
- Sudden collapse or lack of consciousness

Test your alarm regularly

Press the test button on your alarm every week to check it is working.