

**For More Information:**

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Environmental Toxicology Section:  
800 NE Oregon St., Ste. 640  
Portland, OR 97232  
971-673-0440  
[www.oregon.gov/DHS/ph/ophs](http://www.oregon.gov/DHS/ph/ophs)

**Centers for Disease Control  
& Prevention, Toll-Free:**

1-800-CDC-INFO (232-4636)  
1-888-232-6348 TTY  
E-mail: [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)  
[www.bt.cdc.gov/disasters/  
cofacts.asp](http://www.bt.cdc.gov/disasters/cofacts.asp)

**U.S. Environmental Protection Agency  
Indoor Air:**

<http://www.epa.gov/iaq/co.html>

**U.S. Product Safety Commission**

*The "Invisible" Killer Brochure:*  
[http://www.cpsc.gov/CPSCPUB/  
PUBS/464.pdf](http://www.cpsc.gov/CPSCPUB/PUBS/464.pdf)

**Carbon Monoxide Detectors Can Save  
Lives:**

[http://www.cpsc.gov/CPSCPUB/  
PUBS/5010.html](http://www.cpsc.gov/CPSCPUB/PUBS/5010.html)

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(971) 673-0372 TTY**

**Introduction**

- Carbon monoxide (CO) is a poisonous gas produced when anything is burned, regardless of the kind of fuel used.
- When the electricity goes off because of winter storms, it is common for people to use alternative fuels to power generators, lanterns and stoves for heating and cooking. However, the use of alternative sources of fuel or electricity for can cause carbon monoxide to build up in a home, garage, or camper and poison those inside.
- Every year more than 500 people in the U.S. die from accidental carbon monoxide poisoning and thousands visit the emergency room.
- Between 2000 and 2006 there were 38 CO deaths in Oregon.
- Because it is a colorless, odorless gas, you cannot tell when you are exposed.

**How to Recognize Carbon Monoxide Poisoning**

- The most common symptoms of carbon monoxide poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain and confusion.
- Exposure to carbon monoxide can cause loss of consciousness and death.
- If carbon monoxide poisoning is suspected seek fresh air and consult a health care professional right away.

**Preventing Carbon Monoxide Poisoning**

- Never use a gas range or oven to heat a home.
- Never use a charcoal grill, hibachi, or portable camping stove inside a home, garage, basement, tent or camper.
- Burning of charcoal indoors or in any enclosed space can produce dangerous or fatal levels of carbon monoxide.
- Lanterns that are fueled by gasoline, propane, butane or any other fuel should never be used in enclosed spaces for lighting or for heat.
- Portable fuel-burning devices are not equipped to produce safe exhaust or to safely remove exhaust from enclosed spaces.
- Carbon monoxide from these sources can build up in enclosed or partially enclosed spaces.
- Never run a portable generator or any gasoline-powered engine inside a basement, garage, camper or other enclosed structure, even if the doors or windows are open.
- When operating gasoline-powered generators or power washers, always make sure the engine is located outside of any enclosed space, and well away from any open doors, windows or ventilation systems.
- Never leave the motor running in a vehicle parked in an enclosed or partially enclosed space, such as a garage.
- Every home should have at least one battery-operated carbon monoxide detector. Check the detector's batteries twice a year.