



# GEORGIA POISON CENTER

## STAYING SAFE DURING A WINTER STORM Carbon Monoxide Poisoning

As we prepare for another winter in Georgia it is important to be careful of all the hazards that could come our way. The Georgia Poison Center worries about the hazards of carbon monoxide poisoning especially if power outages are experienced. Here are a few tips to keep you and your family safe:

### **What is carbon monoxide?**

Carbon monoxide, or CO, is an odorless and colorless gas that is found in combustion fumes, such as those produced by cars and trucks, small gasoline engines, stoves, lanterns, burning charcoal and wood, and gas ranges and heating systems.

### **What are the signs and symptoms of CO poisoning?**

Early symptoms include headache, weakness, dizziness, nausea, and vomiting. As symptoms get worse, you can experience confusion and drowsiness, increased breathing and heartbeat, vision problems, and seizures. More extreme cases can result in death.

### **Safety tips to follow if you lose power:**

- DON'T use your stove as a heating source
- If using your fireplace, make sure the flue is open
- Space heaters are acceptable if they are in working condition and for indoor use
- DON'T let your car run idle in your garage
- DON'T use generators in your home or in the garage
- DON'T use charcoal or propane tank grills in your home or in the garage
- If you have a carbon monoxide detector in your home, make sure you pay attention to the indicators

**For more information, call the Georgia Poison Center 1-800-222-1222**

**Please visit us at [www.georgiapoisoncenter.org](http://www.georgiapoisoncenter.org),  
like us on [Facebook](#), and follow us on [Twitter](#) (@PoisonCenterGA).**