

Dear Student,

Carbon monoxide (CO) poisoning is the leading cause of **poisoning deaths** in the United States. Here are some important facts to promote awareness, minimize risks, and prevent carbon monoxide poisoning.

What is carbon monoxide?

- Carbon monoxide is a gas that is produced whenever a fuel is burned, such as gas, kerosene, oil, charcoal, or wood.
- Carbon monoxide is colorless and odorless, making it difficult to detect without an alarm.

Sources of carbon monoxide in your residence:

- Any fuel burning equipment, including unvented space heaters and stoves.
- Blocked chimneys, rusted heat exchanger, a broken chimney flue, or near any other fuel-burning equipment where combustion gases cannot exit the residence properly.
- Use of charcoal grills indoors and idling engines in an attached garage also cause carbon monoxide to enter your residence.

Carbon monoxide poisoning can appear as flu-like symptoms or as nausea, dizziness, fatigue, disorientation, and/or vomiting. Symptoms may disappear or regress when you leave the home. However, **if you are experiencing any of these symptoms, get fresh air and seek immediate medical attention. Also, inform the property manager/landlord.**

Carbon monoxide alarms are vital in avoiding carbon monoxide poisoning. If you live off campus, it is recommended that you install a carbon monoxide detector, or speak with your landlord to ensure that one is installed. A limited number of detectors are available from Panther Central in the Litchfield Towers Lobby for just \$15 each.

For further information on carbon monoxide poisoning, please visit the following websites.

American Lung Association: [www.stateoftheair.org](http://www.stateoftheair.org)

Consumer Product Safety Commission: [www.cpsc.gov](http://www.cpsc.gov)

Environmental Protection Agency: [www.epa.gov/iaq](http://www.epa.gov/iaq)

Healthy Indoor Air for America's Homes: [www.healthyindoorair.org](http://www.healthyindoorair.org)

Homesafe.com: [www.homesafe.com/coalert](http://www.homesafe.com/coalert)