

The New Jersey Poison Information and Education System (NJPIES) warns NJ residents of the potential for weather related Carbon Monoxide (CO) poisoning.

Carbon monoxide is a **clear** and **odorless poisonous gas** that can cause headaches, sleepiness, fatigue, confusion and irritability at low levels. At higher levels, it can result in nausea, vomiting, irregular heartbeat, impaired vision and coordination, and death.

CO Poisoning is easily avoided by following simple guidelines:

- ◆ **DO NOT** leave the car running inside the garage with the garage door closed. If the car is outside and covered with snow, be sure the exhaust is clear of snow and there is adequate space for the exhaust to run before starting the car.
- ◆ **Never** use gasoline powered equipment or tools and/or kerosene heaters inside the house or in enclosed spaces.
- ◆ Clear any snow accumulation from all outside dryer and heating vents.
- ◆ Install Carbon Monoxide detectors in homes and check them periodically to make sure they are working properly.

According to Bruce Ruck, Pharm.D., of NJPIES, “Unintentional Carbon Monoxide poisoning is common during severe weather conditions”. **DO NOT BECOME A STATISTIC**. If there is any concern of CO poisoning of you and your family, you must get out of the house and contact your local fire department immediately. Do not waste time opening windows or trying to “air” out the house/building which will delay your escape from possibly dangerous fumes.

Remember, Help Is Just A Phone Call Away!

If you suspect a poisoning, call the poison control center for immediate treatment advice as well as for prevention information. Call **1-800-222-1222**, trained medical professionals will provide you with the most up to date emergency treatment advice, and will answer any drug or poison information question you may have.