



## 1. What is carbon monoxide and where can I find it?

Carbon monoxide (CO) is a colorless, odorless, and tasteless gas that may be found in fumes produced by stoves, lanterns, cars and trucks, burning charcoal and wood, gas ranges and heating systems, or any other source that involves burning of materials or fuel.

## 2. How might I be exposed to carbon monoxide?

Carbon monoxide can build up in enclosed or semi-enclosed spaces, especially when there is poor ventilation. If you are in these spaces, you can be poisoned by breathing in the fumes.

## 3. How can carbon monoxide affect my health?

Symptoms of carbon monoxide exposure include dizziness, fatigue, headaches, and light headedness. Exposure to high amounts of carbon monoxide can cause loss of consciousness and even death.

## 4. How can I reduce my exposure to carbon monoxide?

- Have all gas appliances and heating systems inspected yearly.
- Have your chimneys and vents inspected regularly.
- Purchase appliances that vent their fumes to the outside.
- Never turn on a vehicle in the garage with the garage door shut.
- Never use a gas range or oven to heat your home.
- Never use an outdoor grill inside your home.
- Never sleep in a room with an unvented gas or kerosene space heater.

### Sources

1. *Carbon Monoxide*. L.A. County, Department of Public Health. <http://www.publichealth.lacounty.gov/tox/>
2. *Carbon Monoxide*. Centers for Disease Control and Prevention. <http://www.cdc.gov/Environmental/>
3. *Carbon Monoxide*. U.S. Environmental Protection Agency <http://www.epa.gov/>

For additional resources, please dial 2-1-1 or visit the L.A. County Department of Public Health website <http://publichealth.lacounty.gov>.