

DISASTER QUICK TIPS: Carbon Monoxide**Quick Tips:**

- 1) Any fuel-burning machine can create carbon monoxide.
- 2) Carbon monoxide can *KILL YOU!*
- 3) Know the symptoms of carbon monoxide poisoning (below).
- 4) Buy and install a plug-in carbon monoxide alarm with a battery back-up or a battery-operated alarm.

What is carbon monoxide?

Carbon monoxide is a gas. It has no odor, no color and no taste.

Sometimes it is called the “silent killer.”

Carbon monoxide can be a problem after floods. People sometimes use portable generators for making power. Other gas powered tools are often used for cleaning.

NEVER use a generator, fuel-powered tools, gas or charcoal grill in the house, garage, in enclosed areas, or near windows, doors, vents, window air conditioners, and other openings.

Symptoms of carbon monoxide poisoning

The most common symptom of carbon monoxide poisoning is a severe headache.

Carbon monoxide may also cause severe fatigue, weakness, chest pain in those with heart disease, shortness of breath, nausea, vomiting, confusion and lack of coordination. If not removed to fresh air, carbon monoxide can cause loss of consciousness and death.

If you start to feel sick or dizzy while using fuel-burning equipment, get to fresh air right away. *DO NOT WAIT!*

If you have a poison emergency, call the Minnesota Poison Control Center at: 1-800-222-1222, or if the person is not breathing, call 911 for immediate help.

Buy and install a carbon monoxide alarm

Minnesota Statutes, section 299F.50 requires that homes have a carbon monoxide alarm within 10 feet of every room used for sleeping. This is effective for all single and multi-family homes.

Note: MDH has detailed fact sheets. See page 2.



Environmental Health Division
Division Services Section
P.O. Box 64975
St. Paul, MN 55164-0975

MDH Environmental Health Flood information

Website: www.health.state.mn.us/floods

MDH District Offices

Bemidji	218-308-2100
Duluth	218-723-4642
Fergus Falls	218-332-5150
Mankato	507-344-2700
Marshall	507-537-7151
Metro	651-201-4500
Rochester	507-206-2700
St. Cloud	320-223-7300

MDH Environmental Health Contacts

Website: www.health.state.mn.us/divs/eh/contactus.htm

Asbestos

Asbestos and Lead Compliance: 651-201-4620

Website: www.health.state.mn.us/divs/eh/asbestos

Carbon Monoxide and Mold

MDH Indoor Air Quality: 651-201-4601 or 800-798-9050

E-mail: health.indoorair@state.mn.us

Website: www.health.state.mn.us/divs/eh/air

Cleaning-up and Food Safety

MDH Food, Beverage and Lodging: 651-201-4500

E-mail: health.foodlodging@state.mn.us

Website: www.health.state.mn.us/foodsafety

Public Drinking Water

MDH Drinking Water Protection: 651-201-4700

E-mail: health.drinkingwater@state.mn.us

Website: www.health.state.mn.us/water

Wells and Well Water

MDH Well Management: 651-201-4600 or 800-383-9808

E-mail: health.wells@state.mn.us

Website: www.health.state.mn.us/divs/eh/wells

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