



# Minnesota Poison Control System

[www.mnpoison.org](http://www.mnpoison.org)

## Carbon Monoxide Fact Sheet

### Where does it come from?

- Carbon monoxide (CO) is a colorless, odorless, and non-irritating gas that is a product of burning carbon-containing materials such as gasoline, charcoal, and wood.

### How does it “poison” you?

- It impairs the ability of blood to carry oxygen. The brain and heart are very sensitive to lack of oxygen. Children and the elderly are more at risk to develop problems from carbon monoxide.

### What to do:

- If your carbon monoxide detector goes off, leave the residence and call 911 from outside the home.
- Call 911 if someone is seriously ill.
- Call Poison Help at 1-800-222-1222 for more information.

### What are some of the signs of carbon monoxide poisoning?

- Nausea and/or vomiting
- Feeling tired
- Headache
- Dizziness
- Difficulty thinking

### How do I prevent carbon monoxide poisoning?

- Install a U.L. listed carbon monoxide detector within 10 feet of every sleeping area.
- Replace your carbon monoxide detectors every 5-7 years or when the manufacturer recommends it.
- Get your furnace checked out by a professional every fall.