

# CARBON MONOXIDE

According to the CDC, at least 420 people in the U.S. die every year due to carbon monoxide poisoning and more than 100,000 are hospitalized for accidental CO poisoning.



A working carbon monoxide detector like this could save your life. Check your batteries at least every 6 months. Remember that carbon monoxide is invisible and odorless.



Common symptoms of CO poisoning include dizziness, headache, weakness, nausea, vomiting, chest pain, and confusion. Symptoms can sometime not even show, especially if asleep or consuming alcohol.



Have your heating system, vents, and any gas, coal, or oil appliances serviced by a technician routinely. Make sure ventilation systems are free from debris.



Avoid running your vehicle in an enclosed garage. Do not run any gasoline-powered equipment like a generator in an enclosed space.

For more safety takeaways visit  
[navalsafetycommand.navy.mil](https://navalsafetycommand.navy.mil)

