

## Protect yourself and your Family

- Have a once yearly service and inspection of all household-apartment-condo appliances using propane gas, natural gas and oil as fuel.
- Change batteries twice yearly at the time change in both smoke and CO alarms.
- Consider additional smoke and CO alarms.
- Practice your family escape plan.

## SMOKE AND CARBON MONOXIDE ALARMS SAVE LIVES!



## A FIRE SAFETY MESSAGE FROM THE NEW JERSEY DIVISION OF FIRE SAFETY AND YOUR LOCAL FIRE SERVICE



[www.state.nj.us/dca/divisions/dfs/](http://www.state.nj.us/dca/divisions/dfs/)



Richard E. Constable III  
Commissioner



Chris Christie  
Governor

New Jersey Division  
Of Fire Safety



FIRE SAFETY FACTS

# CARBON MONOXIDE



## THE INVISIBLE THREAT...

AND WHAT YOU CAN DO ABOUT IT!



# CARBON MONOXIDE POISONING

## THE TWO INSTANCES OF CO POISONING AND WHAT TO DO

**FACT:** Carbon Monoxide is a toxic gas which can kill you even before you are aware it is in your home or apartment. At low levels it can mimic flu symptoms, including nausea and fatigue, headaches and dizziness. The effects are different based upon your general health, age and level of exposure.

**FACT:** Carbon Monoxide has many sources gas fired appliances, wood burning stoves, fireplaces and your garaged motor vehicle.

**FACT:** Though statistically less than persons killed by fires caused by smoking or cooking related fires, people do die, and hundreds are injured every year.



### Who is at Risk?

**Basically anyone who breathes is at risk from Carbon Monoxide poisoning. However there are those who are even more susceptible, to include the unborn, toddlers, children of all ages, seniors, and those with lung or heart ailments.**

**What if my CO Alarm sounds?  
(There are two circumstances...)**

### THE FIRST ONE.. (NO ONE FEELS ILL)

**Turn off the CO alarm.**

**Turn off all appliances or sources of heat.**

**Ventilate the area. Open all windows and doors.**

**Call a qualified service person to check out any heat source.**



### THE SECOND... (SOMEONE DOES)

**Leave immediately!  
Establish who is ill!  
Dial 911 from outside!  
DO NOT re-enter the building!**

**Protect yourself and Family  
Purchase at least one UL approved audible and strobe CO alarm and install it near sleeping areas.**

**NEVER use a range, oven, or other than-UL approved home heating appliance.**

**NEVER run your vehicle in your garage for longer than it takes to move it out.**