

## How can you reduce the risk of carbon monoxide poisoning in the home?

- “Tune up” your heating system annually by using a licensed heating contractor, preferably before the heating season begins.
- Annually check your chimney or vent pipes for blockage. If a blockage exists, contact a professional chimney sweep immediately.
- Install carbon monoxide detectors on every floor of your home, and make sure they are working properly.
- Make sure your home is adequately ventilated, particularly if you have insulated your home, had major renovations done or have enclosed your heating system.
- In the winter, clear snow and ice from appliance and equipment vents.

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If you smell gas, call **800-592-2000**.  
For more information, visit [Eversource.com](http://Eversource.com).

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## Important Information About Carbon Monoxide

What You Need to Know to  
Protect Yourself and Your Family



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Whether you heat your home with oil, natural gas, propane, coal or wood, your heating system can produce carbon monoxide (CO) if it is not working properly, or if it is inadequately vented.

Carbon monoxide is also produced from internal combustion devices such as cars and small gasoline engines.

Carbon monoxide is odorless, colorless and tasteless—but very toxic. Signs indicating the presence of carbon monoxide in the home include stuffy, stale or smelly air; very high humidity; or soot coming from a fireplace or heating system.

### **What should you do if you suspect the presence of carbon monoxide?**

- Alert your family, employees or workers and exit the area immediately.
- Open the windows and doors on your way out, if you are able to do so.
- If carbon monoxide is detected by your alarm, exit the area immediately, and call 911 to notify your local fire department.
- Have your heating equipment inspected by a licensed heating contractor to ensure that it is in good working order.

### **What are the symptoms of carbon monoxide poisoning?**

The symptoms of carbon monoxide poisoning are often confused with those of influenza, and the highest incidence of poisoning occurs during the flu season.

#### **Symptoms include:**

**headaches**

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**dizziness**

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**nausea**

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**unclear thinking**

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**shortness of breath**

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**weakness**

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**vision problems**

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**loss of muscle control**

High concentrations of carbon monoxide can lead to unconsciousness, brain damage or death. However, a victim may not experience ANY of these symptoms, or only one or a few of the symptoms. You should suspect the presence of carbon monoxide if symptoms tend to disappear when you leave home.