

Carbon Monoxide Poisoning

You can't see it, taste it or smell it but it can kill quickly and with no warning. Unsafe gas appliances produce a highly poisonous gas called carbon monoxide (CO). It can cause death as well as serious long term health problems such as brain damage.

What is carbon monoxide poisoning?

Carbon monoxide poisoning occurs when you breathe in even small amounts of the gas.

When you breathe in carbon monoxide, it gets into your blood stream and prevents your red blood cells from carrying oxygen. Without oxygen, your body tissue and cells die.

Levels that do not kill can cause serious harm to health when breathed in over a long period of time. Long term effects of carbon monoxide poisoning include Paralysis and brain damage. Such long term effects occur because many people are unaware of unsafe gas appliances and subsequent gas leaks.

Remember the six main symptoms to look out for:

Headaches, dizziness, nausea, breathlessness, collapse and a loss of consciousness

Being aware of the symptoms could save your life.

Carbon monoxide symptoms are similar to flu, food poisoning, viral infections and simply tiredness. That's why it's quite common for people to mistake this very dangerous poisoning for something else.

Other signs that could point to carbon monoxide poisoning:

- Your symptoms only occur when you are at home
- Your symptoms disappear or get better when you leave home and come back when you return
- Others in your household are experiencing symptoms (including your pets) and they appear at a similar time

What should I do if I experience any symptoms of carbon monoxide poisoning?

- Get fresh air immediately. Open doors and windows, turn off gas appliances and leave the house
- See your doctor immediately or go to hospital - let them know that you suspect carbon monoxide poisoning. They can do a blood or breath test to check
- If you think there is immediate danger, call the [Gas Emergency Helpline](#)
- Get a Gas Safe registered engineer to inspect your gas appliances and flues to see if there is a dangerous problem

What is carbon monoxide?

Carbon monoxide (CO) is a highly poisonous substance produced by the incomplete burning of gas and Liquid Petroleum Gas (LPG). This happens when a gas appliance has been incorrectly fitted, badly repaired or poorly maintained. It can also occur if flues, chimneys or vents are blocked.

How do I avoid a carbon monoxide leak in my home?

Your Property may show signs of carbon monoxide. Any one of the following could be a sign that there is carbon monoxide in your home. The flame on your cooker should be crisp and blue - Lazy yellow or orange flames mean you need to get your cooker checked, soot or yellow/brown staining around or on appliances, the Pilot lights is frequently blow out and an Increased condensation inside windows.

If you have a faulty appliance in your Property, it could lead to carbon monoxide poisoning. Contact your Property Manager urgently and get it checked soonest by a Gas Safe registered engineer.