

# Carbon Monoxide

## A Silent Killer

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**Where does carbon monoxide come from  
and what can I do to protect myself and my  
family?**

## Quick facts about carbon monoxide

Carbon monoxide is a colorless, odorless, tasteless gas that is produced by the incomplete combustion of carbon-containing fuels. It is a leading cause of poisoning and death in the United States. In 2005, approximately 1,500 people died from carbon monoxide poisoning, and another 15,000 were hospitalized. The cost of carbon monoxide poisoning is estimated to be \$5 billion annually. Carbon monoxide poisoning can cause a wide range of symptoms, including headache, dizziness, weakness, and confusion. In severe cases, it can lead to coma and death. Carbon monoxide poisoning is often mistaken for the flu or other common illnesses. It is important to be aware of the signs and symptoms of carbon monoxide poisoning and to take steps to prevent it. This includes installing carbon monoxide detectors in your home and ensuring that your heating system is properly maintained. If you suspect carbon monoxide poisoning, call 911 immediately.

## References

1. Centers for Disease Control and Prevention. Carbon monoxide poisoning. <https://www.cdc.gov/mmwr/preview/mmwrhtml/mm59e01a.htm>. 2010. ( )

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3. American Heart Association. Carbon monoxide poisoning. <https://www.heart.org/health-topics/carbon-monoxide-poisoning>. 2014. ( )

4. National Poison Data System. Carbon monoxide poisoning. <https://www.pdsa.org/2014/01/01/carbon-monoxide-poisoning/>. 2014. ( )

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## Symptoms and PPMs

Carbon monoxide poisoning symptoms include headache, dizziness, weakness, and confusion. In severe cases, it can lead to coma and death. Carbon monoxide poisoning is often mistaken for the flu or other common illnesses. It is important to be aware of the signs and symptoms of carbon monoxide poisoning and to take steps to prevent it. This includes installing carbon monoxide detectors in your home and ensuring that your heating system is properly maintained. If you suspect carbon monoxide poisoning, call 911 immediately.