

Carbon Monoxide (CO) Safety



What is carbon monoxide?



Carbon monoxide is a gas that is very dangerous and can harm you



You cannot see, taste or smell carbon monoxide



The symptoms of carbon monoxide poisoning are:

- Headache and dizziness



- Feeling or being sick



- Collapsing or loss of consciousness

How to stay safe from carbon monoxide



Get your appliances checked every year



Do not block your air vents as these provide air for your appliances



Have a carbon monoxide alarm and test it monthly



If your carbon monoxide alarm detects carbon monoxide it will sound loudly beeping four times repeatedly



If you think there is carbon monoxide in your home, you notice symptoms, or if your carbon monoxide alarm sounds get outside immediately and contact the National Gas Emergency Service on **0800 111 999**



Sign up to the free Priority Services Register. You could get extra help **www.thepsr.co.uk**