

# 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 accidental poisoning and death in the United States. In 2005, approximately 15,000 people were hospitalized and 1,500 died from carbon monoxide poisoning. The average cost of carbon monoxide poisoning is \$5,000. 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. If you suspect carbon monoxide poisoning, it is important to seek medical attention immediately. Carbon monoxide detectors are available for purchase and can help to identify the presence of carbon monoxide in your home. Carbon monoxide poisoning is a preventable condition, and taking steps to reduce the risk of carbon monoxide exposure can help to protect your health and the health of your family.

## References

1. Centers for Disease Control and Prevention. Carbon monoxide poisoning. *MMWR*. 2015;64(11):293-296. PMID: 2571140-1145.

2. National Health and Medical Research Council. Carbon monoxide poisoning. *Health Care Provision for the 21st Century*. 2012. (11)000-0000.

3. American Heart Association. Carbon monoxide poisoning. *Heart Disease and Stroke Statistics*. 2012. PMID: 2211140-1145.

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5. National Institute of Environmental Health Sciences. Carbon monoxide poisoning. *Environmental Health Perspectives*. 2012. PMID: 2211140-1145.

## 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. If you suspect carbon monoxide poisoning, it is important to seek medical attention immediately. Carbon monoxide detectors are available for purchase and can help to identify the presence of carbon monoxide in your home. Carbon monoxide poisoning is a preventable condition, and taking steps to reduce the risk of carbon monoxide exposure can help to protect your health and the health of your family.