



The Fall Report

A Discussion of Health Issues



Fall General Surgery, LLC

Carbon Monoxide – A Silent Killer

As Cooler weather approaches, so does the risk of carbon monoxide exposure.

Unlike many gasses, carbon monoxide has no odor, color or taste.

Symptoms may be subtle, including headache, fatigue, nausea, shortness of breath and dizziness. Many times, by the time the victim is aware of being ill, it is too late, and the victim succumbs to the exposure and dies.

According to the Centers for Disease Control, every year over 500 Americans die from accidental carbon monoxide exposure.

Carbon monoxide is produced by incomplete burning of solid, liquid and gaseous fuels. Appliances fueled with natural gas or LP, oil, kerosene, coal or wood may produce carbon monoxide. Burning charcoal produces carbon monoxide. Running vehicles produce carbon monoxide.

Prevention includes:

- Installation of appliances according to manufacturer's instruction
- Inspection and servicing of heating systems, chimneys and vents annually
- Never burn charcoal or using portable fuel-burning camping equipment inside closed spaces
- Never leave a vehicle running in the garage
- Never use gas appliances (ranges, ovens, clothes dryers) for heating your home
- Never operate unvented fuel-burning appliances in an unvented room
- Never use gasoline-powered tools or engines indoors

Do install one or more carbon monoxide detectors. Locally, prices range from \$20 - \$65.

Make sure the detectors cannot be covered up by furniture or draperies.

If you feel symptoms of carbon monoxide poisoning, leave the area immediately to fresh air.

Never ignore an alarming carbon monoxide detector. If the alarm sounds, immediately move to fresh air then call the fire department.

Enjoy our coming cold and snow but be aware of its associated dangers.