



## CO Summit Update

Carbon monoxide is silent!! It is colorless and odorless!! And, it is deadly! Recently, Safe Kids Coordinator, Carma Hanson, had the opportunity to attend the 3<sup>rd</sup> annual Carbon Monoxide Safety Summit, a gathering of carbon monoxide advocates and experts working together to prevent these tragedies that impact people from all walks of life. This summit brought together industry leaders in the areas shown below:



Here are some key takeaway messages from this summit for parents, caregivers, first responders and many other disciplines.

- ➔ A free 1- hour on-line training exists for first responders in CO safety. This is encouraged for first responders and a link to this can be found at this site: [FireHeroLearningNetwork.com](https://FireHeroLearningNetwork.com) - [Register Today](#)



- ➔ While high levels of CO can be fatal very quickly, low levels for prolonged periods of time pose dangers as well. The signs and symptoms of prolonged exposure often mimic signs of Alzheimers, depression, or anxiety and are often misdiagnosed. Assuring that CO detectors are available in all work, sleeping (hotel, nursing home) and living areas is important. There should also be detectors at schools, university dorms and childcare centers so early detection of CO is possible. If you are

responsible for these spaces outside of homes, put “get CO detectors” on your to do list if you haven’t already.



- ➔ Assure that if you are running a generator, it is at least 20 feet away from your home, RV, tent or other structure. When purchasing a generator, chose one that has a built in CO sensor and shut-off and that you have an extension cord long enough to get the 20 feet of separation.



- ➔ Do not run your generator unprotected or exposed to rain and snow. This can cause damage, injuries or electrocution. However, because of that risk of damaging one’s generator, some folks use theirs during bad weather but put it inside a garage or too close to the house. This close proximity to the house can cause a build-up of CO that can be harmful. There are covers for generators that are available to shield them from the elements and still allow you to move them an acceptable distance from buildings (at least 20 feet).



→ When you travel, take a CO detector with you. While hotels, VRBOs, bed and breakfasts, etc. are required to have fire/smoke alarms, most states don't require CO detectors, leaving you at risk during sleep. There are many incidents of hotel deaths from CO poisoning so don't rely on them "being safe". Bring a detector with you so you can sleep with that peace of mind. There are small portable ones intended for easy travel or to attach to a backpack or waistband (for work purposes) or you can simply bring one for the home along in your suitcase (remember to take the batteries out before traveling).



The comments noted in this piece are only a small amount of the insight gained at the CO Summit. Look for more information to be shared by Safe Kids during the high CO poisoning months of winter and during National Carbon Monoxide Awareness Month (November).

## **CARBON MONOXIDE (CO) POISONING**



**CAN'T BE  
SEEN**

**CAN'T BE  
SMELLED**

**CAN'T BE  
HEARD**

**CAN BE  
STOPPED**