



- Shortness of breath
- Weakness, fatigue, or blurred vision
- Sleepiness, loss of muscle control, and unconsciousness

### **Protect Yourself and Your Loved Ones: Carbon Monoxide Safety Tips**

- ✓ Install CO alarms: in your home, garage, shop, or man cave — especially near fuel-burning appliances and sleeping areas.
- ✓ Take a portable CO alarm when traveling: most hotels are not required to have them.
- ✓ Know the sound: CO alarms beep four times in a row; fire alarms beep three times.
- ✓ Test alarms monthly, replace batteries as needed, and follow the manufacturer's replacement schedule.
- ✓ Schedule annual inspections for furnaces, chimneys, and fireplaces.
- ✓ Use generators safely — keep them at least 20 feet from any building, using extension cords if needed. Never use them inside.
- ✓ Never heat your home with a gas oven or range.
- ✓ Ventilate your garage: Don't run vehicles inside, even with the door open. Back them out of the garage.
- ✓ Keep exhaust vents clear — including your home's appliances and your car's tailpipe.

For more details on the dangers of carbon monoxide, contact Safe Kids Grand Forks at 701.780.1489, visit our website at [www.safekidsgf.com](http://www.safekidsgf.com) or [www.ncoaa.us](http://www.ncoaa.us).