

# EMERGENCY CONTACT LIST

## LOCAL CONTACT

Name

Phone

Alternate Phone

## NEXT OF KIN

Name

Phone

Alternate Phone

## PHYSICIAN NAME

Name

Phone

Alternate Phone

## EMERGENCY SERVICES

Police/Ambulance: **911**

Fire Department:

Poison Control:

## OTHER EMERGENCY CONTACTS

Name

Phone

Alternate Phone

## OUT OF STATE-AREA CONTACT

Name

Phone

Alternate Phone

## WORK CONTACT

Name

Phone

Alternate Phone

## NEIGHBOR OR LANDLORD

Name

Phone

Alternate Phone

## LOCAL SERVICES

Gas Company:

Electric Company:

Water Company:

## OTHER EMERGENCY CONTACTS

Name

Phone

Alternate Phone





# Carbon Monoxide Safety

## Signs of poisoning

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### What is carbon monoxide?

According to the CDC, "carbon monoxide (CO), an odorless, colorless gas. It is produced any time a fossil fuel is burned and it can cause sudden illness and death."

### Warning signs of carbon monoxide poisoning

Carbon monoxide poisoning symptoms are similar to flu, food-poisoning, and hangover symptoms.

The six main symptoms are:

- Headaches
- Dizziness
- Nausea
- Breathlessness
- Loss of consciousness
- Collapse

### What to do if you experience these

- **Exit the building immediately**
- Turn off gas appliances if possible as you are exiting
- Open exterior doors if you are able to as you leave
- Do not stop to collect belongings or pets
- Call your gas company's emergency number
- Call 911 if emergency medical attention is needed, or if the detector has gone off.
- Seek prompt medical attention if you have experienced symptoms
- Do not go back inside for belongings or pets







# Carbon Monoxide Safety

## Proper Detector Installation

### Do's and Don'ts of Detector installation

- **Do** install carbon monoxide detectors in all occupied homes and dwellings
- **Do** install a detector outside your bedroom so you will hear it if you are asleep.
- **Do** install at least 3 feet away from fuel-burning appliances, such as boilers and ovens.
- **Do** install at least 5 feet above the ground.
- **Do** read and follow the manufacturer's instructions when placing, testing, and servicing the alarm. **Pay close attention to notes on its battery life.**
- **Do not** place detector near a fireplace, or flame-producing appliance.
- **Do not** put in cupboards, behind furniture, or near outside doors or ventilation (such as extractor fans) - this will stop it from working correctly.
- **Do not** place in an area of high condensation, such as in a bathroom.



### Where Should You Have a Carbon Monoxide Detector?

Place a carbon monoxide detector in **each** of the following locations in your home.

- The living room
- Outside each occupied bedroom
- In the basement (if possible)

**If the detector sounds: immediately exit the building and dial 911**





# Carbon Monoxide Safety Prevention

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## Carbon Monoxide Poisoning *is* preventable

Carbon monoxide poisoning is a cause of illness and death in the home that can be prevented. All homes should follow the CDC prevention guidance.

### The CDC Recommends:

- **Do** have your heating system, water heater and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.
- **Do** install a battery-operated or battery back-up CO detector in your home. Check or replace the battery when you change the time on your clocks each spring and fall. **If the detector sounds, leave your home immediately and call 911.**
- **Do** seek prompt medical help if you suspect CO poisoning and are feeling dizzy, light-headed, or nauseated.
- **Don't** use a generator, charcoal grill, camp stove, or other gasoline or charcoal-burning device inside your home, basement, or garage or near a window.
- **Don't** run a car or truck inside a garage attached to your house, even if you leave the door open.
- **Don't** burn anything in a stove or fireplace that isn't vented.
- **Don't** heat your house with a gas oven.
- **Don't** use a generator, pressure washer, or any gasoline-powered engine less than 20 feet from any window, door, or vent. Use an extension cord that is more than 20 feet long to keep the generator at a safe distance.

**To learn more about the CDC carbon monoxide guidelines, please visit:**

<https://www.cdc.gov/co/default.htm>

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