# Prescriptions for Prevention

## Carbon Monoxide

### Did you know?

Carbon monoxide is a colorless, odorless gas released when fuel is incompletely burned. Breathing it in can cause heart attacks, brain damage and death.

## Action Plan

- Install a carbon monoxide (CO) detector on every level where there is a fuel-burning appliance and also on every level where people sleep.
- CO detectors are typically separate from smoke detectors and both are important.
- When purchasing a CO detector make sure the device is certified to the most current Underwriters Laboratory (UL) or International Approval Services (IAS) standards.
  For more information click this link or scan the QR code:
- If your CO detector sounds an alarm, immediately leave your home and call 911.
- Fuel-burning appliances, fireplaces, and woodstoves should be professionally checked every year to ensure they are properly functioning and appropriately vented.
- Never use a gas stove, oven, or gas space heater as a heating source in your home.
- Never use a gas powered generator inside -- they should be at least 20 feet from the home.
- Use barbecue grills and hibachis outdoors in well-ventilated spaces and never inside.
- State vehicle safety inspections should be completed annually. Never leave it running in a garage, even if the garage door is open.
- Change the batteries in your CO detectors when you change the batteries on your smoke detectors on the same day every year (January 1, your birthday, etc.)

Perelman School of Medicine University of Pennsylvania
Philadelphia Regional Center for Children's Environmental Health
Children's Hospital of Philadelphia
NIEHS Grant: P2CES033428

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## Resources

### Understanding Carbon Monoxide

To learn more about CO poisoning, symptoms, and risk factors, click this link or scan the QR code:

### Philadelphia Fire Code

The City of Philadelphia requires homeowners to install CO detectors in their homes. Click here for more information or scan the QR code:

### American Red Cross

If you need assistance purchasing or installing smoke alarms, click this link or scan the QR code to access the Red Cross' Home Fire Campaign resources:

### Get a Smoke Alarm Installed

Homeowners in Philadelphia can request to have smoke alarms installed by the Fire Department. Call 1311 or click this link or scan the QR code to request a smoke alarm:

For more information on the resources here or other questions, contact the Philadelphia Regional Center for Children's Environmental Health at:
215-573-9076 prcceh@pennmedicine.upenn.edu
Website: prcceh.upenn.edu

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