

**LIVINGSTON NURSING DIVISION
SENIORS AND HOME SAFETY:
CARBON MONOXIDE: BE AWARE!**

Carbon monoxide is a colorless, odorless, tasteless, deadly gas created when fuel burns. These characteristics of the gas, allow it to be absorbed quickly. Carbon monoxide is called the “silent killer” because it inhibits your blood from carrying enough oxygen from the lungs to your heart, brain and other organs of your body. Only a small amount of carbon monoxide is needed to put you at risk. Some of the symptoms, which are also very common to food poisoning and the flu, are headaches, dizziness, drowsiness, nausea and confusion. These similarities can be misdiagnosed, which could prove fatal. Everyone is at risk for carbon monoxide poisoning, however, individuals with health problems such as heart or respiratory disease, the elderly, infants, children and pregnant woman are at high risk.

To safe-guard your family: have the heating system checked before you turn on your furnace in the fall, check your chimney for leaves, branches, bird nests or other blockage, use gasoline or diesel powered generators outdoors, never leave a car motor running in a closed garage, make sure the vents on fuel burning appliances are clean, avoid burning coal or charcoal in a closed space, even in a garage with the doors open. Make sure all water heaters, furnaces, fireplaces, stoves and space heaters are correctly ventilated and install and test a carbon monoxide and smoke detector in your home. No Home Should Be Without Them. If you feel symptoms that could be carbon monoxide poisoning, call the Poison Center at 1-800-222-1222 and leave your house immediately to get fresh air.

TO SCHEDULE A SMOKE DETECTORS/CO DETECTORS, YOU MAY CALL THE FIRE HEADQUATERS AT (973)-992-2373 MONDAY THROUGH FRIDAY BETWEEN 8:30-4:30P.M. INSPECTIONS MUST BE SCHEDULED AT LEAST TWO WEEKS PRIOR TO THE CLOSING FOR A HOUSE SALE OR CHANGE IN TENANTS FOR RENTALS AS REQUIRED BY THE STATE OF NEW JERSEY.