If you feel you may have any signs or symptoms OR your CO alarm or CO detector sounds,

**STEP 1:** Get yourself and others outdoors to an area with clean air immediately.

**STEP 2:** CALL 911!

**STEP 3:** Do NOT drive a motor vehicle.

**STEP 4:** Stay away from the area until it is determined to be safe.

Remember...

**Carbon Monoxide (CO) Poisoning**

- CAN'T BE SEEN
- CAN'T BE SMELLED
- CAN'T BE HEARD
- CAN BE STOPPED

If you live in a home with gas, oil or coal burning appliances, check your CO alarms or CO detectors regularly to be sure they are functioning properly.

If you have questions, or need more information, contact the Occupational and Environmental Epidemiology Branch at 919-707-5900