

## The Symptoms of Carbon Monoxide (CO) poisoning

The initial symptoms of CO poisoning are similar to the flu, but without a fever. They include:

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness

If you suspect that you or someone is experiencing CO poisoning, get to fresh air immediately. Leave the home and call for assistance from a safe place. You could lose consciousness and die if you don't escape the CO gas.

Get medical attention immediately and inform medical staff that CO poisoning is suspected. Call Avista at (800) 227-9187. And do not reenter the home until we say it is safe.

### Call 811 before you dig

You can protect yourself and your property by calling 811 or logging onto [call811.com](http://call811.com) at least two business days before you dig. For additional information go to [myavista.com](http://myavista.com) or call (800) 227-9187.



Know what's below.  
Call before you dig.

For additional information go to [www.myavista.com](http://www.myavista.com) or call (800) 227-9187.

Если Вы хотели бы получить информацию о правилах безопасности на русском языке, пожалуйста звоните по телефону (800) 227-9187.

Si desea recibir información en Español acerca de la seguridad, por favor llamar a: (800) 227-9187

For assistance with alternative languages please call (800) 227-9187.

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## Carbon Monoxide and Natural Gas Safety



## Natural gas is the safest fossil fuel.

Natural gas is non-toxic and is the cleanest burning fossil fuel available. When burned under normal operating conditions, natural gas produces clean heat, carbon dioxide and water vapor. But if natural gas isn't burned properly, it can emit carbon monoxide, which is potentially hazardous.

### Know the facts about Carbon Monoxide

Carbon Monoxide (CO) is a colorless, odorless, poisonous gas. It can be produced when combustion of any fuel—heating oil, gasoline, diesel fuel, propane, kerosene, natural gas, coal, or wood—takes place without sufficient oxygen. You can't see or smell it, so CO can accumulate unnoticed and make you ill or even cause death.

### Installing a Carbon Monoxide detector

To keep you and your family safe, you should consider getting a carbon monoxide detector. These devices monitor CO levels in your home and alert you should the gas reach dangerous levels.

CO detectors are available at most home retail outlets. Only buy UL-listed models and make sure to

follow the manufacturer's instructions for installation and operation. The Consumer Product Safety Commission recommends installing at least one detector in a hallway near your sleeping area.



### Preventing Carbon Monoxide poisoning from home appliances

Have your heating system, water heater and any other gas, oil, wood or coal-burning heaters, barbecues and appliances serviced by a qualified technician every year.

When purchasing gas equipment, make sure it carries the seal of a national testing agency, such as Underwriters Laboratories.

Make sure appliances and heating equipment have adequate ventilation, including pool heaters.

### Possible sources of a Carbon Monoxide problem

