

WHAT TO DO IF YOU SUSPECT CARBON MONOXIDE

OFFICIAL UPDATES LU-Alert · RTL, 100.7 · 112

DO THIS NOW

- 1** Get everyone into fresh air if an alarm sounds or you suspect carbon monoxide. Headache, dizziness, nausea, vomiting, unusual tiredness or confusion can be warning signs, even without an alarm. The gas has no smell.
- 2** Call **112** from outside. Say you suspect carbon monoxide and tell the operator if anyone has collapsed or is still inside.
- 3** Help others leave only if you can do so safely. Do not go back inside to attempt a rescue; tell the emergency services where the person is.
- 4** Once in safe air, if someone is unresponsive and not breathing normally, start CPR. Gasping is not normal breathing. Put your phone on speaker and follow the emergency operator's instructions.
- 5** If they are unconscious but breathing normally, place them on their side in the recovery position. Stay with them and keep checking their breathing.
- 6** Stay outside until the fire and rescue service says it is safe to return. Do not use the suspected appliance until a qualified professional has checked it.

BEFORE

FIT ALARMS

- Fit a certified carbon monoxide alarm in rooms with a boiler, stove, fireplace or gas heater, and on every level where people sleep.
- Choose alarms that run on a battery, so they keep working in a power cut.
- Test the alarms and check their batteries **2x per year, at the clock changes**, when you check your **emergency kit**.

USE FUEL SAFELY INDOORS

- Cook indoors only with appliances made for indoor use. Never heat the home with the gas cooker or the oven.
- Open a window for fresh air when you use a wood, coal, gas or oil heater.
- Have the chimney cleaned every autumn, before the heating season.

KEEP OUTDOOR APPLIANCES OUTDOORS

- Never use a barbecue, fire pit, camping stove or generator inside the home, in a

garage or in a cellar. An open window does not make it safe.

- Run a generator only outdoors, at least **6** metres from doors, windows and the garage.
- Battery and solar power units give off no carbon monoxide. They are the safer choice for charging phones and lights in a power cut.
- Never leave a car engine running in a garage.

AFTER

- Use the appliance, flue or chimney again only after a qualified professional has checked and repaired it.
- Get medical advice after suspected poisoning, even if you feel better outside.

Follow the emergency services' instructions.

- Check that the alarm still works, and replace it if it is damaged or past its date.

- If you live in a block of flats, tell the building management what happened.
- Feeling shaken for a few days is normal. Talk about it with the people around you.

IF YOU ARE...

LOOKING AFTER CHILDREN

- Teach them the sound of the alarm, and that it means "go outside now", like a fire alarm.
- Agree one spot outside the home where everyone meets.

OLDER, ILL, OR LIVING WITH A DISABILITY

- If you might not hear a standard alarm, choose one with a flashing light or a vibrating pad.
- Agree with a neighbour or the people in your support network who helps you get out quickly.

WITH PETS

- Take them out with you if you can do it on your way. Never go back inside for them; tell the rescuers they are there.

IN A POWER CUT OR A COLD SPELL

- The risk is highest during power cuts and cold spells, when people use stoves, barbecues and generators for heat or cooking. See **Power is out** and **No heating**.

EASY-READ SUMMARY

 If you suspect carbon monoxide, go outside. Do not wait for an alarm.

 Call **112** from outside.

 Stay outside until the rescuers say it is safe.

 Never use a barbecue or generator indoors.

 Do not heat your home with the oven.

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