



The New Jersey Poison Information & Education System

Serving New Jersey Since 1983

Designated regional poison center
for New Jersey by New Jersey
Department of Health and Senior
Services and the American
Association of Poison Control
Centers

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PRESS RELEASE

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Contact: Alicia Gambino, MA, CHES
973-972-9280

Don't Become a Statistic: Carbon Monoxide Poisoning Kills

(Newark, NJ)- With the colder weather comes the concern for Carbon monoxide (CO) poisoning. This season, the New Jersey Poison Information and Education System (NJPIES) has already received over 30 calls for assistance in managing patients who were exposed to CO.

Extreme caution is urged when using sources of carbon monoxide such as unvented kerosene and gas space heaters, gas water heaters, wood stoves, leaking and gas stoves. Other common sources are blocked chimneys which are supposed to vent furnaces and fireplaces, and automobile exhaust from attached or unvented garages when automobiles are being warmed up.

Since Carbon monoxide is an odorless and colorless gas that can deprive the body of oxygen, NJPIES encourages everyone to install carbon monoxide detectors in his or her home. Exposure can produce headaches, sleepiness, fatigue, confusion and irritability at low levels. At higher levels, it can result in nausea, vomiting, irregular heartbeat, impaired vision and coordination, and death.

Life-Saving Tips

- Open flues when fireplaces are in use
- Chimneys should be inspected and cleaned annually
- **DO NOT** idle the car inside the garage
- **NEVER** use charcoal indoors or in areas with inadequate ventilation
- Have a trained professional inspect, clean and tune-up central heating systems like the furnace every year.
- Gas appliances must have adequate ventilation so that carbon monoxide will not accumulate
- Have operational carbon monoxide detectors in your home especially near sleeping areas

Remember, Help Is Just A Phone Call Away!

If you suspect Carbon monoxide poisoning, call the Poison Help Hotline (1-800-222-1222) to speak with a poison information specialist for immediate treatment advice as well as for prevention information. Even after a serious poisoning, symptoms may not appear until many hours later. **Do NOT** wait until symptoms appear. We are available 24 hours a day, 7 days a week. Services are free and confidential. The hotline is accessible 24 hours per day, 7 days a week. Hearing impaired may call 973-926-8008.

located at University of Medicine & Dentistry of New Jersey

140 Bergen Street, Newark, NJ 07101-1709

Telephone: 973-972-9280 Fax: 973-643-2679

Website: WWW.NJPIES.ORG