



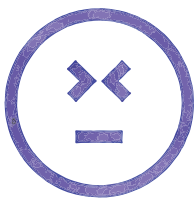
What are the Symptoms of Carbon Monoxide Poisoning?

Carbon monoxide can kill in minutes; it deprives the body of oxygen and results in critically low levels. Oxygen starvation initially leads to flu-like symptoms but can become deadly in minutes as well as causing long-term organ damage and disease. Should you suspect CO may be affecting you or your family, open the doors and windows of your property to ventilate, turn off your appliances and evacuate the premises.



Mild Exposure:

- Slight headache
- Nausea
- Vomiting
- Fatigue (often described as 'flu-like' symptoms)



Medium Exposure:

- Severe throbbing headache
- Drowsiness
- Confusion
- Fast heart rate



Extreme Exposure:

- Unconsciousness
- Convulsions
- Cardiorespiratory failure
- Death

35ppm

The maximum allowable concentration for continuous exposure for healthy adults in any 8 hour period, as recommended by the Occupational Safety and Health Administration (OSHA).

200ppm

Slight headache, fatigue, dizziness, nausea after 2 - 3 hours.

400ppm

Frontal headaches within 1 - 2 hours, life threatening after 3 hours.

800ppm

Dizziness, nausea and convulsions within 45 minutes. Unconsciousness within 2 hours.