

JANUARY 2025



Prevent CO poisoning



Outdoor cold safety

PREVENT CARBON MONOXIDE POISONING DURING WINTER POWER OUTAGES

The ice that often accompanies winter in Kentucky can lead to utility system damage and possible power outages. Nolin RECC urges members to be on guard when using gas-powered generators, kerosene or propane heaters while waiting for electric service to be restored. Fuel-burning equipment can cause carbon monoxide poisoning when not used properly.

Carbon monoxide is an invisible, odorless, colorless and tasteless gas formed when fuel is burned. It can build up to deadly levels within minutes in enclosed spaces, which can lead to serious injury or even death.

To prevent carbon monoxide poisoning when the power is out:

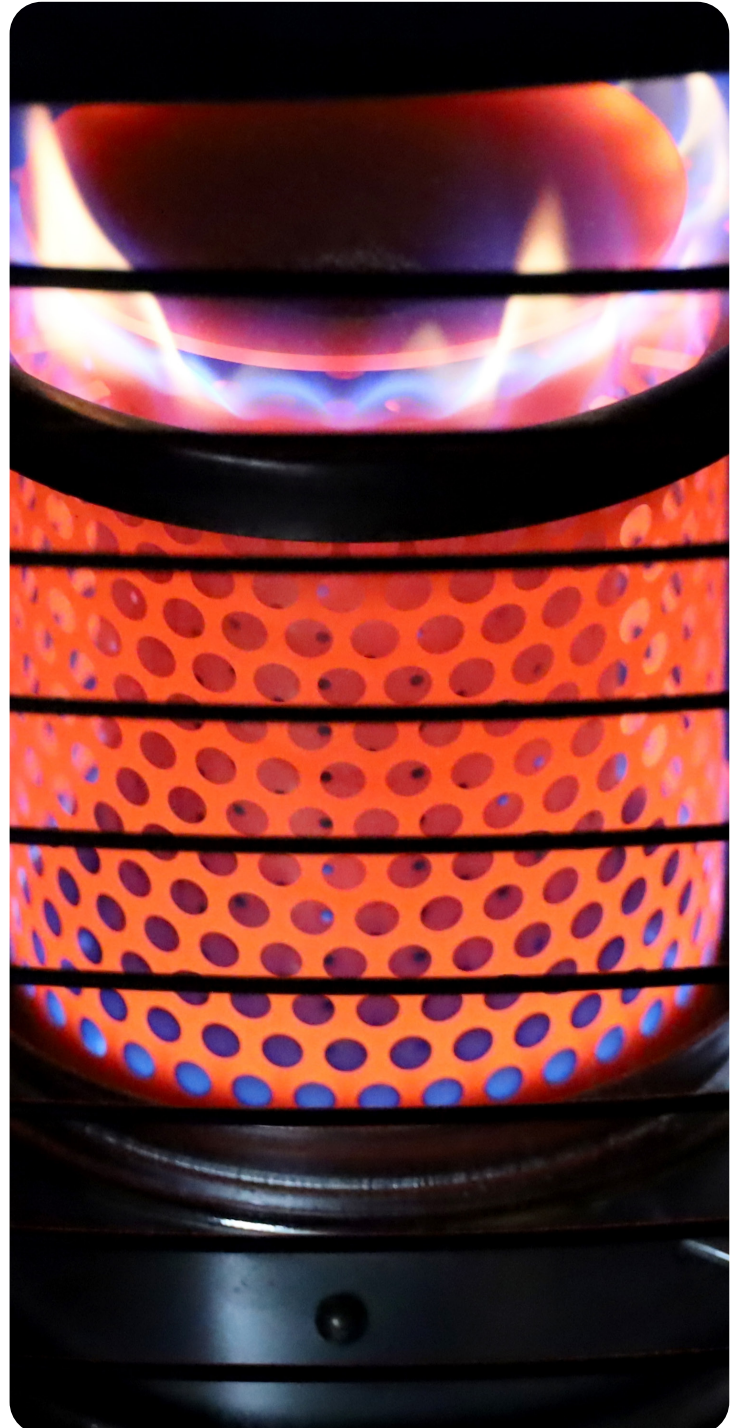
DO

- Install carbon monoxide detectors with battery backup (if hardwired) on every level of your home, and near each sleeping area. Extended power outages will disable alarms that rely solely on electricity.
- Position generators a safe distance (at least 20 feet) from your home.
- Open the exterior garage door before starting your vehicle to ventilate exhaust fumes.

DON'T

- DON'T operate a generator inside the home, garage or right next to windows or doors.
- DON'T run a gasoline or propane heater or grill (gas or charcoal) inside your home or an unventilated garage. Any heating system that burns fuel produces carbon monoxide.
- DON'T use grills, stoves, ovens or similar appliances as a source of heat.

Warning signs of carbon monoxide poisoning include flu-like symptoms such as headache, nausea, vomiting, dizziness, drowsiness and confusion. If you suspect you may be experiencing carbon monoxide poisoning, or your detector goes off, go outside immediately and THEN call 9-1-1.



Dressing for Cold Weather

When the weather is extremely cold, try to stay indoors. If you must go outside dress properly and know who is at high risk for hypothermia or frostbite.

Always wear:

- A hat that covers your ears
- A water-resistant coat
- Several layers of loose-fitting clothing
- Water-resistant boots
- Mittens or gloves
- A scarf or knit mask that covers face and mouth

