



Important Information if you have suffered from a carbon monoxide incident

1. If your carbon monoxide detector has gone off?

- a. Don't assume it's a false alarm, get out of the area.
- b. Turn off all fossil fuel burning appliances if you can.
- c. Call 911 and get the fire service to check the Parts per Million of carbon monoxide in the area, this may be useful if you suffer ill effects later; to explain to your Dr what the problem is.
- d. Keep all documents; carbon monoxide will often cause confusion so a good record of events may assist in your recovery.
- e. Get a qualified engineer to check all appliances.

2. If you are suffering symptoms after an event?

- a. Tiredness, sickness, confusion, flu like symptoms, any other symptoms that are out of the ordinary, especially if other family members are suffering the same or similar symptoms.

Go straight to the ER or Doctor.

3. When you get to the ER.

- a. If you know that there has been an incident tell them you have suffered a CO related incident, this may help them administer the right treatment.
- b. Get them to perform a CO test, this will give you a true level of poisoning.
- c. Get the test done quickly as carbon monoxide has a very short half-life. If you are away from the source of CO for more than a couple of hours the correct levels may not be picked up.
- d. Hyperbaric treatment may be required and could aid recovery.

4. Keep records of the event.

- a. Keep all records; these may be vital in your recovery.
- b. With these records your doctor will be better able to understand the event and not confuse symptoms with other ailments.
- c. Make notes of what happened whilst they are fresh in your mind.
- d. Make notes of all affected people and neighbors so that you can warn them that there has been an incident.

5. Get professional help.

- a. Many Dr's do not know about the long and short term dangers.
- b. Ask the medical professional to refer you to a toxicologist.
- c. Tell the toxicologist everything - include your notes.
- d. You may require further tests later such as MRI, EEG etc. **Do not be fobbed off, make sure you are listened to.**

Go to the web site; www.carbonmonoxidekills.com for more details, we will help.