

Carbon Monoxide

What is it?

Carbon Monoxide or CO for short is a poisonous gas that can not be seen or smelt.

Signs and symptoms of carbon monoxide exposure

Short term effects are much the same a food poisoning and flu, however unlike flu, exposure to carbon monoxide will not cause a high temperature some common symptoms are;

- Headaches
- Nausea (feeling sick)
- Dizziness
- Tiredness
- Feeling confused
- Vomiting (being sick)
- Abdominal pains (chest pains)
- Erratic behaviour.

Exposure to a small amount of carbon monoxide over a long period of time can also cause;

- Confusion
- Memory loss
- Poor co-ordination.

What should I do if I think carbon monoxide is present?

- Switch of the appliance you think is causing the leak,
- Turn off the gas supply into the home via the isolation valve,
- Open all doors and windows to assist the ventilation of the room,
- If the leak still continues call the National Grid on the Gas Emergency Freephone Number 0800 111 999.

Do not

- Stay or sleep in the property,
- Turn on or off any electrical appliances whilst there is a strong presence of carbon monoxide in the home.

Further advice and information

- HSE Gas Safety Advice Line 0800 300 363
- National Grid Gas Emergency Line 0800 111 999
 - NHS Direct 0845 4647
 - Gas Safe Register 0800 408 5500



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