



# CO

## The **Dangers** of **Carbon Monoxide**

**Carbon monoxide is an odorless and colorless gas.**

### Moderate Levels

of carbon monoxide poisoning  
can cause:

**severe headaches**  
**dizziness**  
**mental confusion**  
**nausea**  
**fainting**

You can die if these levels persist  
for a long time.

### Low Levels

of carbon monoxide poisoning  
can cause:

**shortness of breath**  
**mild nausea**  
**mild headaches**

These levels can cause  
long-term effects.

### **If you experience any of the above ...**

- Get fresh air immediately •
- Open doors and windows, and leave your home or building •
- Go to an emergency room •

(Carbon monoxide can often be diagnosed by a blood test done soon after exposure.)