

Carbon monoxide

Carbon monoxide is very dangerous because it is a poisonous gas with no smell or taste. It can make you very poorly, or even be fatal at high levels.

Symptoms of carbon monoxide poisoning

- tension-type headache
- dizziness
- feeling sick and being sick
- tiredness and confusion
- stomach pain
- shortness of breath and difficulty breathing
- loss of balance, vision, memory and eventually, consciousness

How to stay safe from carbon monoxide

- If you have a carbon monoxide alarm, check it's working and change the batteries regularly
- Check on and around any gas appliances for signs of staining, soot, or discolouration
- Never install gas appliances yourself
- Never block flues or chimneys that are in use
- Never burn fuel in an unventilated space
- Never smoke shisha pipes indoors

What to do if you think you have been exposed to carbon monoxide poisoning

- Seek medical advice from your GP if you think you have been exposed to low levels of carbon monoxide
- Go to your local A&E straight away if you think you have been exposed to high levels