

## PRESS RELEASE

### FOR IMMEDIATE RELEASE

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### **Don't die because your power did**

During power outages, many people use portable generators to supply their homes with electricity. Although these can be useful, they can also be dangerous. One of these dangers is carbon monoxide (CO) poisoning. Carbon monoxide gas is a colorless, odorless poisonous gas. It is made when fuels burn improperly or the exhaust is not vented outdoors. The symptoms of CO poisoning can be similar to the flu (but without a fever). The symptoms include:

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness

Every year, hundreds of people die from portable generator-related CO poisoning. Most often these occur because people used a generator indoors. If you use a portable generator, you can prevent CO poisoning by following these important safety tips:

- Never use a generator in garages, basements, crawl spaces and other enclosed or partially-enclosed areas.
- Follow the manufacturer's instructions for your generator.
- Install battery-operated or plug-in CO alarms with battery backup in your home.
- For maximum effectiveness during sleeping hours, CO alarms should be placed close to sleeping areas. Additional alarms on every level and in every bedroom of a home can provide extra protection.

If your CO alarm goes off or you begin to feel sick, dizzy or weak while using a generator immediately get outside and call 911. Call the Northern New England Poison Center at 1-800-222-1222 for more information.

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