



Avoid Carbon Monoxide Poisoning

The improper use of alternative power sources such as portable generators can cause carbon monoxide poisoning.

DO NOT USE GAS-POWERED EQUIPMENT, GENERATORS AND TOOLS INDOORS.

Take the following steps to avoid carbon monoxide poisoning:

- Do not place a portable generator in an enclosed area like a garage or near a window, door or fresh-air intake.
- Place the generator at least 50 feet from the home, if possible, or as far away as you can.
- Do not place a generator too near a neighbor's residence.
- Do not use gas-powered equipment or tools indoors.

The symptoms of carbon monoxide poisoning can include:

- A mild headache that becomes a throbbing headache.
- Shortness of breath.
- Irritability.
- Emotional instability.
- Poor judgment
- Memory loss.
- Getting very tired very quickly.

Symptoms can get worse rapidly and can cause coma and death.

Take the following steps if you think someone has symptoms of carbon monoxide poisoning:

- Remove everyone from the building immediately.
- Provide fresh air.
- Call for medical assistance.

For more information about carbon monoxide poisoning, contact the North Dakota Department of Health, Division of Air Quality at 701.328.5188.