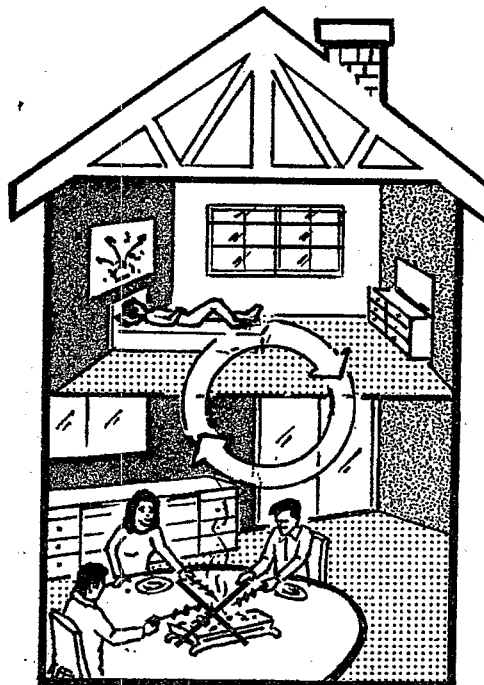


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- PROTECT
- YOUR FAMILY
- AND YOURSELF
- *from*
- CARBON
- MONOXIDE
- POISONING



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ENGLISH / CHINESE



AAPCHO

Association of Asian Pacific Community Health Organizations
www.aapcho.org

防止 您及家人 發生 一氧化碳 中毒

一氧化碳可以導致死亡

一氧化碳是一種看不見，聞不出的化學物質。大量的一氧化碳可在數分鐘內致人死亡。一氧化碳（簡稱CO）是在燃燒煤氣、石油、水油、木柴或煤炭等燃料過程中產生的。經過適當使用和維護的燃燒器具所產生的一氧化碳濃度不會有危險，但是，一旦燃燒器具有故障或不正確地使用，可能導致一氧化碳濃度達到危險水平，每年美國有數以百計的人因為不正確地使用燃燒器具，或因器具失靈而意外死亡，更多的人是吸入由汽車所產生的一氧化碳而死亡。胎兒、幼嬰、老年人、貧血患者、心臟或呼吸系統有病史的人可能特別容易受到影響。保障生命安全，請遵從以下有關一氧化碳安全的各項措施。

一氧化碳中毒的症狀

首先要了解一氧化碳中毒的症狀，中度一氧化碳中毒會出現嚴重頭痛、頭暈、精神恍惚、作悶、嘔吐、或昏倒。如果以上情況持續太久可導至死亡。低度的中毒會引起呼吸急促、輕微作悶，以及輕微頭痛，甚至可能對健康有長期的影響。由於以上的症狀跟感冒、食物中毒、或其他疾病相似，一般人不會連想到一氧化碳中毒所引起的。

安全措施

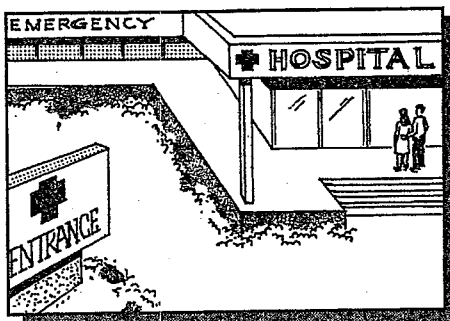
若你感覺自己有一氧化碳中毒症狀：

✓ 方法

- 應該盡快吸收新鮮空氣。打開所有的門窗，關掉正在燃燒的器具，立刻離開房屋。
- 應該去急診室求診，告訴醫生你懷疑自己一氧化碳中毒。在吸入一氧化碳後不久即檢查血液常常是可以診斷出一氧化碳中毒的。

- 應該準備回答醫生的以下問題：

- 你的症狀只在房屋內才感覺得到嗎？
- 在你離開房屋後，所述的症狀會減少或消失，但當你回到房屋內時症狀又再出現嗎？
- 其他的家庭成員也說有類似的中毒症狀嗎？每個人的中毒症狀都大約是在同時發生的嗎？
- 你在家中任何燃燒各類燃料的器具嗎？
- 最近有人為你檢查燃燒器具嗎？你能肯定他們操作正常嗎？



預防是避免一氧化碳中毒的關鍵

✓ 方法：

- 應該在每個冬季來臨之前，請專業人員為你檢查家中所有燃燒器具，包括石油或煤氣的暖爐，煤氣熱水爐，煤氣爐和局爐，煤氣乾衣機，煤氣或水油（火水）的暖氣爐，壁爐和燒木柴的爐灶等，煙囪及煙道要有良好的接駁，不可以有阻塞。
- 應該盡量使用有通風設備把煙塵排到房屋外的器具，要遵照製造商的指示，適當地安裝及維護。

- 應該仔細閱讀和遵照燃燒器具說明書上的所有指示。假如你不得不使用沒有通風設備的煤氣或水油（火水）暖氣爐，務必注意遵守器具上面的警告。選用合適的燃料，打開所有的房間門少許打開一扇窗戶以保持足夠的空氣流通。

- 應該打電話到環保署的資料收集處(1-800-438-4318)或消費者產品安全委員會(1-800-638-2772)索取更多

資料，了解有關如何降低一氧化碳及其他易燃氣體及物質的危害。

✗ 方法：

- 切不可把尚在發動著的汽車停在車房內—即使車房的大門是敞開的，因為汽車廢氣會很快地積聚在車房及甚至蔓延到房間內。
- 切不可將煤氣爐當作暖氣機使用。即使是在短時間內。
- 切不可在室內使用煤炭燒烤，即使是在壁爐內也不可以。
- 切不可睡在沒有通風設備的煤氣或水油（火水）暖氣爐的房間。

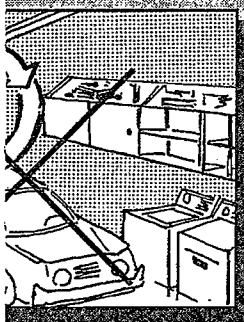


- 切不可在封閉的環境內使用任何裝有石油發動機的工具（包括鋸草機，剪草機，鏟雪機，電鋸，小引擎，或發電機等）。
- 切不可忽視中毒的症狀，特別是當幾個人出現同樣情況的時候。假若不及時處理一氧化碳中毒，患者會失去知覺甚至死亡。

一氧化碳探測機簡介

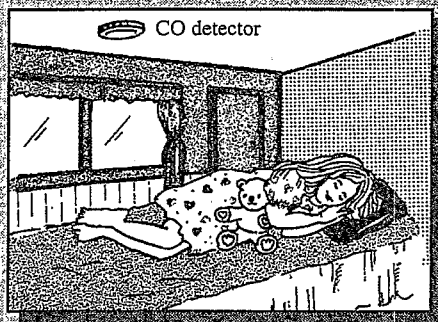
一氧化碳探測機可以在一般

的商店內購買。雖然有一氧化碳探測機，燃燒器具仍然需要適當地使用和護理。目前，由於生產探測的技術仍在改良及發展中，市面上雖然有數種探測機可供選購，但是它們還沒有像煙霧探測機般可靠。有些探測機雖然是經過實驗室檢查，但是操作表現不一定夠理想。有些探測機在一氧化碳極高量時也不響警告，有些會在極低或安全的一氧化碳量響起警告。由於煙霧是比較容易探測，而一氧化碳是看不見及聞不出的氣體物質，所以是以較困難探測的。



消費者該怎麼做？

首先，購買了一氧化碳探測機不能保證安全。預防房屋內產生過多的一氧化碳才是解決問題最可靠的方法。嚴格遵從以上各項預防一氧化碳中毒的規則。



其次，假如你想購買一氧化碳探測機時，做一些有關特性的調查研究，不要以價格做為唯一的選擇標準。還可以通過一些非政府機構，如消費者協會 (Consumers Union)，即消費者報告 (Consumer Reports) 的出版部門，美國煤氣聯 (American Gas Association)，及產品保險檢驗室 (Underwriters Laboratories or UL) 等單位幫你作明智的選擇。在購買任何探測機時，都要證明有 UL 的檢驗標識。

更換、使用、或維修一氧化碳探測機時，要小心遵守製造商的有關指示。

一氧化碳探測機發出警報時：

- 確定警報是來自一氧化碳探測機，而不是煙霧探測機。
- 檢查一下家庭成員是否有人感覺到一氧化碳中毒的症狀。
- 如果有中毒症狀，要立刻離開房屋和送醫治療。告訴醫生你懷疑是一氧化碳中毒。
- 假如沒人出現中毒症狀，也要將室內通風，吸收新鮮空氣，關閉所有可能產生一氧化碳的器具—石油或煤氣暖氣爐，煤氣熱水爐，煤氣爐和局爐，煤氣乾衣機，煤氣或水油 (火水) 暖氣爐，以及任何的機動車輛和小引擎等。
- 要請專門的技術人員為你檢查家中燃燒能源的器具及煙囪，保持它們操作正常，並且房內的廢氣排放設備有阻礙。

Carbon monoxide can be deadly

You can't see or smell carbon monoxide, but at high levels it can kill a person in minutes. Carbon monoxide (CO) is produced whenever any fuel such as gas, kerosene, wood, or charcoal is burned. If appliances that burn fuel are maintained and used properly, the amount of CO produced is usually not hazardous. However, if appliances are not working properly or are used incorrectly, dangerous levels of CO can result. Hundreds of people die accidentally every year from CO poisoning caused by malfunction or improperly used fuel-burning appliances. Even more die from CO produced by idling cars. Be safe. Practice the DO's and DON'Ts of carbon monoxide.

CO Poisoning Symptoms

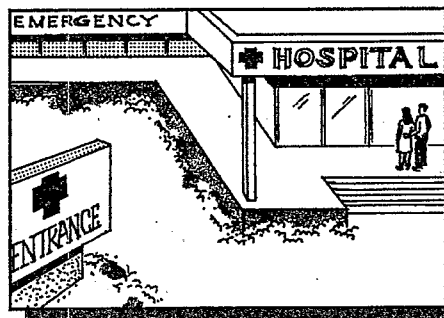
Know the symptoms of CO poisoning. At moderate levels, you or your family can get severe headaches, become dizzy, mentally confused, nauseated or faint. You can even die if these levels persist for a long time. Low levels can cause shortness of breath, mild nausea, and mild headaches, and may have longer term effects on your health. Since many of these symptoms are similar to those of the flu, food poisoning, or other illnesses, you may not think that CO poisoning could be the cause.

Play It Safe

If you experience symptoms that you think could be from CO poisoning:

✓ DO

- GET FRESH AIR IMMEDIATELY
Open doors and windows, turn off combustion appliances and leave the house.
- GO TO AN EMERGENCY ROOM
and tell the physician you suspect CO poisoning. If CO poisoning has occurred, it can often be diagnosed by a blood test done soon after exposure.

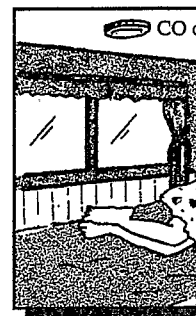


- Be prepared to answer the following questions for the doctor:
 - Do your symptoms occur only in the house?
 - Do they disappear or decrease when you leave home and reappear when you return?
 - Is anyone else in your household complaining of similar symptoms? Did everyone's symptoms appear about the same time?
 - Are you using any fuel-burning appliances in the home?
 - Has anyone inspected your appliances lately? Are you certain they are working properly?

Prevention is the Key to Avoiding Carbon Monoxide Poisoning

✓ DO

- Have your fuel-burning appliances—including oil and gas furnaces, gas water heaters, gas ranges and ovens, gas dryers, gas or kerosene space heaters, fireplaces and wood stoves - inspected by a trained professional at the beginning of every heating season. Make certain that the flues and chimneys are connected, in good condition, and not blocked.
- Read and follow all of the instructions that accompany any fuel-burning device.
- Choose appliances that vent their fumes to the outside whenever possible, have them properly installed, and maintain them according to manufacturers' instructions.
- If you cannot avoid using an unvented gas or



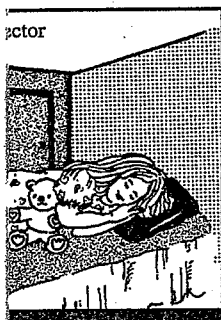
kerosene space heater, carefully follow the cautions that come with the device. Use the proper fuel and keep doors to the rest of the house open. Crack a window to ensure enough air for ventilation and proper fuel-burning.

- Call EPA's IAQ INFO Clearinghouse (1-800-438-4318) or the Consumer Product

Safety Commission (1-800-638-2772) for more information on how to reduce your risks from CO and other combustion gases and particles.

X DON'T

- Don't idle car in a garage—even if the garage door to the outside is open. Fumes can build up very quickly in the garage and living area of your home.
- Don't use a gas oven to heat your home, even for a short time.
- Don't use a charcoal grill indoors—even in a fireplace.
- Don't sleep in any room with a unvented gas or kerosene space heater.
- Don't use any gasoline-powered engines in enclosed spaces.
- Don't ignore symptoms, particularly if more than one person is feeling them. You could lose consciousness and die if you do nothing.

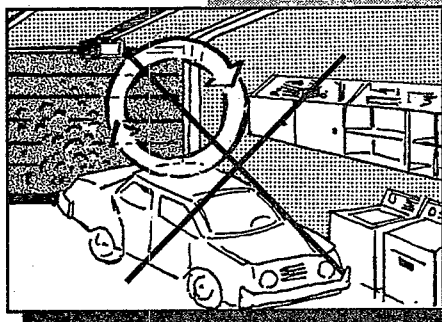


A Few Words About CO Detectors

Carbon Monoxide Detectors are widely available in stores and you may want to consider buying one as a back-up—BUT NOT AS A REPLACEMENT for proper use and maintenance of your fuel-burning appliances. However, it is important for you to know that CO detectors are not generally considered to be as reliable as the smoke detector, where you can easily confirm the cause of the alarm. CO is invisible and odorless, so it's harder to tell if it's false or a real emergency.

So What's A Consumer To Do?

First, don't let buying a CO detector lull you into a false sense of security. Preventing CO from becoming a problem in your home is better than relying on an alarm.



Second, if you shop for a CO detector, do some research on features and don't select solely on the basis of cost. Organizations such as Consumers Union (publisher of Consumer Reports), the American Gas Association, and Underwriters Laboratories (UL) can help you make an informed decision. Look for UL certification on any detector you purchase.

Carefully follow manufacturers instructions for its placement, use and maintenance.

If the CO detector alarm goes off:

- Make sure it is your CO detector and not your smoke detector.
- Check to see if any member of the household is experiencing symptoms of poisoning.
- If they are, get them out of the house immediately and seek medical attention.
- If no one is feeling symptoms, ventilate the home with fresh air, turn off all potential sources of CO -- your oil or gas furnace, gas water heater, gas range and oven, gas dryer, gas or kerosene space heater and any vehicle or small engine.
- Have a qualified technician inspect your fuel-burning appliances and chimneys to make sure they are operating correctly.

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