PROTECT YOUR FAMILY AND YOURSELF FROM CARBON MONOXIDE POISONING

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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，可能會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。
一氧化碳中毒的症状

首先要了解一氧化碳中毒的症状。中毒一氧化碳中毒会显现严重头痛、头晕、精神恍惚、作闷、呕吐、或昏倒。如果情况持续太久可导致死亡。低度的中毒会引发呼吸急促、轻微作呕，以及轻微头痛，甚至可能对健康有长期的影响。由于以上的症状跟感冒、食物中毒、或其他及病相似，一般人不会注意到一氧化碳中毒所引起的。

安全措施

若你感觉自己有一氧化碳中毒症状，

方法

- 每日检查所有燃烧器具，包括汽油、煤气、煤气、热水器等。
- 清除所有燃烧器具的燃料。
- 燃烧器具应与烟囱隔离。
- 保持燃烧器具的通风。

- 燃烧器具应远离建筑物。
- 燃烧器具应远离通风系统。
- 燃烧器具应远离水源。
- 燃烧器具应远离电器。

- 燃烧器具应远离窗户。
- 燃烧器具应远离门。
- 燃烧器具应远离楼梯。

- 燃烧器具应远离厨房。
- 燃烧器具应远离卧室。
- 燃烧器具应远离浴室。

- 燃烧器具应远离公共区域。
- 燃烧器具应远离娱乐区域。
- 燃烧器具应远离学习区域。

- 燃烧器具应远离工作区域。
- 燃烧器具应远离车库。
- 燃烧器具应远离储藏区域。

- 燃烧器具应远离供电区域。
- 燃烧器具应远离供水区域。
- 燃烧器具应远离排水区域。

- 燃烧器具应远离卫生区域。
- 燃烧器具应远离运动区域。
- 燃烧器具应远离旅行区域。

- 燃烧器具应远离交通区域。
- 燃烧器具应远离休闲区域。
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- 燃烧器具应远离工作区域。
切不可在封闭的环境中使用任何装有石油发动机的工具（包括链锯机、剪草机、铲雪机、电锯、小引擎，或发电机电等）。

切不可忽视中毒的症状，特别是当几个人出现相同情况的时候。若不及时处理一氧化碳中毒，患者会失去知觉甚至死亡。

一氧化碳探测器简介

一氧化碳探测器可以在一般商店内购买。虽然有一氧化碳探测器，燃烧器具仍然需要正确地使用和管理。目前，由于生产探测器的产品放在改进和发展中，市面上虽然有数种探测器可供选择，但它们还没有像烟雾探测器那样可靠。有些探测器虽然经过实验室检查，但表现不一定理想，有些探测器在一氧化碳浓度高时也会报警，有些则在浓度低或安全的一氧化碳浓度时就会报警。由于燃料是较容易探测的，而一氧化碳是看不见及闻不到的气体物质，所以是较困难探测的。

消费者该怎么做？

首先，购买了一氧化碳探测器的用户，自己要保证安全，移动房屋内产生过多的一氧化碳才不会解压问题，最可靠的方法。严格遵守以上各项预防一氧化碳中毒的规则。
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 (1-800-424-8500) for more information on how to reduce your risks from CO and other combustion gases and particles.

× 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 backup—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 is 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 manufacturer's 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.

[Image: Illustration of a car and a house with an X indicating a danger zone]