

# CARBON MONOXIDE



## Putting Environmental Health Data into Action

Read and click on the links below to learn about ways to engage in carbon monoxide action.

## TOP 3 RECOMMENDATIONS:

**Individual:** Learn carbon monoxide (CO) poisoning prevention tips

**Community:** Educate community members on the state's CO Alarm Standard Act of 2013

**Structural:** Expand subsidized CO detectors

## INDIVIDUAL: Learn, act, and protect yourself

- To learn:
  - [CO poisoning prevention tips](#), such as check or change the batteries in your CO detector every six months
  - [Symptoms](#) of CO poisoning
- To do:
  - Inspect [oil and gas furnaces](#) yearly
  - Use [generators](#) outside and away from the home when the power goes out
  - [Install CO detectors](#) near all sleeping areas of your home and check regularly
  - Never burn [charcoal](#) indoors or [run vehicles in a garage](#)
  - [Ventilate chimneys and appliances](#), such as dryers and stoves

## COMMUNITY: Support your social networks

- Educate business owners, landlords, and community members on Pennsylvania's [Carbon Monoxide Alarm Standard Act of 2013](#), that requires CO detectors in all homes
- Encourage boat owners to install [CO detectors](#)
- Educate ice arena [owners/managers](#) and [customers/employees](#) about action steps to prevent and protect against CO poisoning
- Teach workers exposed to CO in occupational settings the [proper follow-up protocols](#) when CO poisoning is suspected

## STRUCTURAL: Advocate for organizational & policy level change

- Require [CO detectors in all school buildings](#) within the state
- Expand subsidized CO detectors to local municipalities with a large proportion of environmental injustice and low income communities
- Incentivize electric and geothermal heating sources that pose no risk of CO poisoning