

Carbon Monoxide Awareness



November is Northern Ireland's Carbon Monoxide Awareness Month

A range of information leaflets and promotional material are available in support of carbon monoxide awareness raising activity. Carbon Monoxide Alarms and resources can be provided for staff to circulate to service users and groups.

Further info:

If you would like to support CO Awareness Month or require more information, contact:

Lisa McAliskey
Community Health
Improvement Officer
Tel. 028 3756 3952

lisa.mcaliskey@southerntr.ust.hscni.net

Protect yourself and others

CO Awareness Month aims to remind people to stay safe by:

- Making sure that their boilers and fuel-burning appliances are serviced annually by a registered engineer
- Getting their chimneys inspected annually and swept if required by a registered technician
- Checking for warning signs if appliances aren't working correctly – for example, lazy yellow or orange flames instead of crisp blue ones, black marks on or around the appliance and too much condensation in the room
- Installing an audible carbon monoxide alarm as a back-up safety measure to alert them if carbon monoxide is in their home
- Learning the signs of carbon monoxide poisoning

Remember the six signs of carbon monoxide poisoning:

1. Headaches
2. Dizziness
3. Breathlessness
4. Nausea
5. Collapse
6. Loss of consciousness

Resources: CO Carbon Monoxide resources and posters are [available online](#) from the Gas Safe Charity at www.gassafecharity.org.uk