

## Protecting Yourself and Your Family

### Stay Aware, Stay Safe

The following information can help you increase your safety awareness and protect yourself and your family from deadly carbon monoxide poisoning.

### Facts about Carbon Monoxide

The same substance that comes out of a car's exhaust pipe, carbon monoxide is a highly poisonous gas. Carbon monoxide is especially dangerous because it is colorless, odorless and tasteless—making it almost impossible to detect without a carbon monoxide alarm.

Carbon monoxide is produced when common fuels—such as oil, coal, natural gas, kerosene or wood—are burned incompletely. When carbon monoxide gas builds up in any enclosed area in your home, it can cause severe illness and even death.

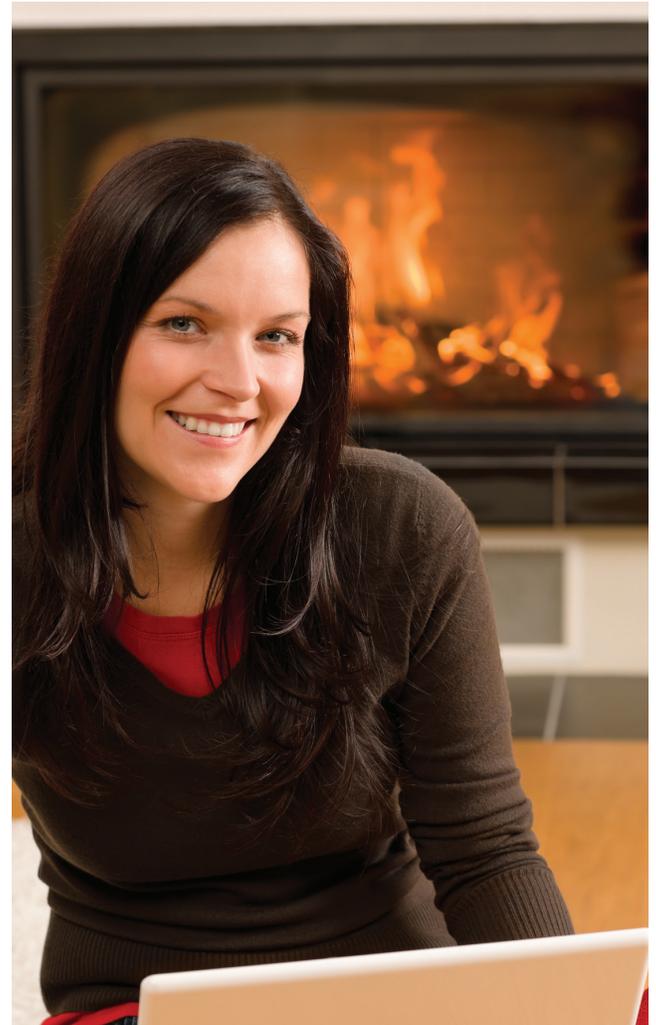
The problem of carbon monoxide buildup can be especially severe during the coldest weather, when houses are closed up tight and heating equipment runs much of the time.

### Symptoms of Carbon Monoxide Poisoning

Because carbon monoxide poisoning can feel like the flu, it can be hard to know when you are suffering from it. If undetected, however, carbon monoxide poisoning can lead to unconsciousness and even death. Those most at risk are elderly people, children, someone who is or has been ill, and anyone who spends most of the time indoors during the winter.

Depending on how long it goes unchecked, a person exposed to carbon monoxide can experience any number of the following symptoms:

- Headaches
- Dizziness
- Weakness
- Nausea
- Confusion
- Sleepiness
- Redness of the skin
- Tightness of the chest
- Fluttering of the heart
- Loss of muscle control



### Important Action Steps

- **Seek fresh air and remain outside.**  
Take everyone with you including pets.
- **Call 911 or your local fire department.**
- **Seek medical attention immediately.**

**This is an important notice.  
Please have it translated.**

Este é um aviso importante. Quiera mandá-lo traduzir.  
Este es un aviso importante. Sirvase mandarlo traducir.  
Avis important. Veuillez traduire immédiatement.

Questa è un'informazione importante, Si prega di tradurla.

ĐÂY LÀ MỘT BẢN THÔNG CÁO QUAN TRỌNG  
XIN VUI LÒNG CHO DỊCH LẠI THÔNG CÁO ẤY

Это очень важное сообщение.  
Пожалуйста, попросите чтобы  
вам его перевели.

# Carbon Monoxide Safety

**nationalgrid**

HERE WITH YOU. HERE FOR YOU.



## Common Household Causes

Carbon monoxide buildup can be caused when an appliance—a heating system, water heater, clothes dryer or range—isn't getting enough air or is venting improperly. Common causes of potentially hazardous conditions include:

### Blocked Ventilation

- Bird and squirrel nests, and leaves can block chimneys and keep them from venting properly. Heating equipment should also be kept free of excess lint, dust and other materials.
- Vents and exhaust ducts of appliances (such as water heaters, ranges and clothes dryers) should never be sealed shut or blocked by any debris that could keep them from working properly.

### Insufficient Household Air

- A fire in an open fireplace, the prolonged use of kitchen and bathroom exhaust fans and the use of power attic vents can significantly reduce the amount of air in an enclosed home. This can cause improper combustion and result in a backup of carbon monoxide and other flue gases.

### Operating Fuel-Burning Equipment in an Enclosed Area

- Fuel-burning equipment needs surrounding air in order to function properly. If you are adding walls or shelving near a heating system or water heater, take care to allow space for air flow.

If you have any questions, please contact a licensed or qualified electrician or a National Grid customer service representative.

## Preventing Carbon Monoxide Poisoning

Here are some tips to protect your family:

- Install a UL-listed home carbon monoxide detector.
- Have an annual heating system checkup—no matter what energy source you use.
- Properly maintain and ventilate your appliances.
- Keep all sidewall vents clear of brush and snow.
- Never run a vehicle in the garage—even with the door open, CO can seep into your home.
- Inspect your chimney for any blockages.
- Never heat your home or building with your gas range or oven.
- Do not use your gas (or charcoal) grill in enclosed areas.
- Never use a fuel-fired space heater, kerosene stove, or charcoal grill in an enclosed area.



National Grid is an international energy delivery company. In the U.S., National Grid delivers electricity to approximately 3.3 million customers in Massachusetts, New York and Rhode Island, and manages the electricity network on Long Island under an agreement with the Long Island Power Authority (LIPA). It is the largest distributor of natural gas in the northeastern U.S., serving approximately 3.4 million customers in Massachusetts, New York and Rhode Island. National Grid also owns over 4,000 megawatts of contracted electricity generation that provides power to over one million LIPA customers.

**Information resources:** For more information to help you use energy safely and efficiently at home, visit [www.nationalgridus.com](http://www.nationalgridus.com).

CM4412 AllReg (01/16)

### National Grid Customer Service Centers

Upstate NY: **800-642-4272**  
Long Island: **800-930-5003**

NYC: **800-930-5003**  
Rhode Island: **800-322-3223**

Massachusetts Electric: **800-322-3223**  
Massachusetts Gas: **800-233-5325**

[www.nationalgridus.com](http://www.nationalgridus.com)