

## Emergency Preparedness Checklists — Carbon Monoxide

### Carbon Monoxide

- Replace damaged or old exhaust systems as soon as possible.
- Don't sleep with the car engine on.
- Don't sleep in my car while parked next to other cars with their engines running.
- Don't sleep with the air conditioner running.
- If I smell car exhaust inside my car, open my car door and immediately get out.
- If I'm too dizzy to stand, I will sit in the open doorway facing outwards and breathe fresh air until I can stand to exit the car.
- If I have these symptoms of carbon monoxide poisoning while seated in my car with the engine running, turn it off, exit the car, and seek medical treatment.
  - Dull headache
  - Weakness
  - Dizziness
  - Nausea or vomiting
  - Shortness of breath
  - Confusion
  - Blurred vision
- Don't seal windows or car with blankets or other coverings that exclude fresh air.
- Have my exhaust system checked regularly.
- Have holes in my car's body sealed.
- Don't keep paint remover or solvents in my car.
- Avoid driving with an open trunk lid or lift gate, which can allow exhaust gases to get inside.
- Don't wear a mask while driving.
- Don't cook food in the car or heat the interior of the car with any form of burning fuel (e.g., camping gear).
- Don't smoke in the car.
- Don't leave cigarettes or matches in a container or car ash tray while I sleep.
- Make sure debris does not cover the car's tail pipe, especially when the engine is running.