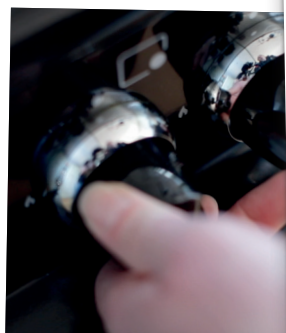


If you or anyone in your home starts with any of the symptoms we've discussed – and there isn't another obvious explanation – or if your carbon monoxide alarm goes off, you need to do three things >>



Turn off any gas, oil or solid-fuel appliances



Open some windows and doors



Call the National Gas Emergency Service on 0800 111 999

Fortunately, there are several things we can do to stop carbon monoxide getting into the air we breathe...

- >> Get our gas, oil or solid-fuel appliances checked every year by a qualified engineer. Solid fuels include wood, biomass and coal.
 - >> Look out for soot or stains on or around these appliances, and call a qualified engineer if we see them.
 - >> Make sure air vents and chimneys aren't blocked.
 - >> Check the flame on appliances – it should be crisp and blue, if it's lazy and orange then carbon monoxide could be being produced.
 - >> Have a working carbon monoxide alarm and ensure it's checked regularly.
- Above all, always be aware of the dangers of carbon monoxide. And then we can stop the silent killer.**

To find out more about how carbon monoxide could affect you and your family, visit...
www.sgn.co.uk/carbonmonoxide



STOP THE **SILENT KILLER** CARBON MONOXIDE

What is carbon monoxide? >>

It's a colourless, odourless, tasteless, poisonous gas produced by the incomplete burning of carbon-based fuels such as gas, oil, wood, petrol and coal.

We need to be extra careful, because you can't see it, taste it or smell it. It's highly dangerous and, in certain conditions, it can kill quickly and without warning.

How do we catch the silent killer? Look out for >>

HEADACHES

NAUSEA

DIZZINESS

BREATHLESSNESS

COLLAPSE

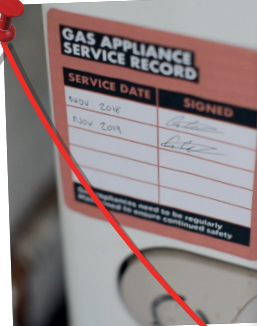
LOSS OF CONSCIOUSNESS

TOP TIPS

- >> It's not just gas appliances in the home that can produce carbon monoxide. Keep an eye out when you're camping or in holiday accommodation.
- >> Remember never to use BBQs or portable heaters in enclosed spaces without proper ventilation.
- >> Use appliances only for their intended purpose. For example, it's dangerous to use cookers, hotplates or BBQs as space heaters.



Where could you potentially find carbon monoxide around the home? >>



Boiler



Gas cooker



BBQ



Portable gas heater



Fire



Chimney