

IN 2011 WE *RESOLVE TO IMPROVE THE WORLD* - ONE STEP AT A TIME

From the desk of Sue Ann M. Seich, Fraternal & Youth Director

FCSLA is Concerned for Your Safety

Winter brings a concern of the danger of Carbon Monoxide, an invisible gas found in polluted air, car exhaust, and also a leak or problem in certain machines such as furnaces or water heaters, and even chimneys.

The great danger of carbon monoxide is its attraction to hemoglobin in your bloodstream. When you breathe it in, it replaces the oxygen which cells need to function. If CO is present in the air, it rapidly accumulates in the blood, causing symptoms similar to the flu, such as headaches, fatigue, nausea, dizzy spells, confusion, and irritability. As levels increase, vomiting, loss of consciousness, and eventually brain damage or death may result.

You can protect yourself and your family by:

- Installing a Carbon Monoxide Detector
- Yearly service for all gas appliances, especially furnaces, boilers, or water heaters
- Stove burners should be cleaned and adjusted frequently
- Contact a heating contractor if you are replacing fuel-burning appliances
- Purchase appliances designed to reduce dangers from carbon monoxide
- Consider electric-powered heating appliances that do not produce carbon monoxide
- Never leave an engine or portable generator running with the door closed

We hope this information keeps you and your loved ones safe this winter.

Fraternally,
Sue Ann M. Seich
Fraternal & Youth Director