

Carbon monoxide detectors can save lives

Winter increases the risk of the silent killer known as carbon monoxide.

CO detectors are the only way to detect this poisonous gas. Common flu-like symptoms of CO poisoning include headache, nausea and vomiting.

Here are tips from Truckee:

- Install alarms on every level of the home and near each sleeping area for maximum protection. Test alarms monthly and change batteries every six months.

Exit the home and call 911 if alarm sounds.

- Run kitchen vents or exhaust fans anytime the stove is in use. The kitchen stove is among the most frequent sources of CO poisoning in the home. To help eliminate danger of overexposure, always run exhaust fans when cooking, especially during the holidays when stoves are left on for longer periods of time. Also periodically open a nearby window when cooking to allow fresh air to circulate.

- Never use generators indoors. In the case of a power outage, portable electric generators must be used outside only. Never use them inside the home, in a garage or in any confined area that can allow CO to collect, and be careful to follow operating instructions closely. Also refrain from using charcoal grills, camp stoves and other similar devices indoors.

- Have fuel-burning appliances inspected regularly. Arrange for a professional inspection of all fuel-burning appliances (such as furnaces, stoves, fireplaces, clothes dryers and

water heaters) annually to detect any CO leaks.

- If you have any work done on your residence for the heating systems (furnace, wood stove), make sure that you have the proper permits from the county or town authorities and be sure that the work being performed is by a properly licensed and bonded contractor.

Truckee Fire and the town of Truckee have carbon monoxide detectors for free while supplies last. Stop by any of the staffed stations during normal business hours or at the building department located at 10183 Truckee Airport Road during normal business hours Tuesday-Friday.