5 million homes in the UK may be at risk from CO poisoning*

CO poisoning can cause brain damage, coma and death. Older people, young mums and others who spend a lot of time at home are especially vulnerable.



Give a loved one a gift that could save their life



You can't see it and you can't smell it

Carbon Monoxide (CO) is a colourless, odourless, highly poisonous gas that is found in carbon-based fuel appliances. If you use natural gas, LPG, heating oil, or solid fuel for heating or cooking, you should be aware of the dangers of carbon monoxide if your equipment isn't properly installed and maintained. Badly adjusted burners, blocked flues, dirty jets and poor ventilation can all cause CO poisoning which can kill in minutes.

The symptoms are easily mistaken for 'flu –

- Mild headache
- Dizziness
- Nausea
- Vomiting
- Fatigue
- Drowsiness

It's easy to be safe

Make sure your boiler and cooker are serviced once a year by properly qualified engineer. They must be registered with BESCA (solid fuel and oil) call 0800 652 5533, Gas Safe (gas) call 0800 408 5500, HETAS Ltd (solid fuel) call 01462 634721, NAPIT (solid fuel and oil) call 0870 444 1392, OFTEC (oil) call 0845 658 5080.

If you live in rented accommodation make sure your landlord gets the equipment checked every year. It's the Law!

Buy a CO alarm for your family and protect them from the danger of poisoning. Older people, young mums and others who spend a lot of time in the home are

especially vulnerable. Keep 'em safe! It can cost under £20 and it could save their life.



Everyone should have their chimney swept and checked. All appliances (gas, oil, coal or wood) need servicing by a qualified engineer.

REGISTERED CHARITY NO. 1125755

CO-Awareness Week starts on the third Monday in November

