



FOR IMMEDIATE RELEASE 12/11/08

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**NORTH METRO GIVES 25 HOUSEHOLDS FREE CO ALARMS THIS
HOLIDAY SEASON**

Broomfield/Northglenn, CO—What is invisible, odorless, colorless, tasteless, extremely deadly and causing more emergencies than ever before across the United States? Carbon Monoxide (CO). The recent death of a Denver family vacationing in Aspen, Colorado has caused many Colorado residents to install alarms.

North Metro Fire Rescue District is excited to assist some of our most at-risk families through a grant provided by Safe Kids Denver Metro. Safe Kids Denver Metro, in cooperation with the CO Division of Fire Safety, will distribute Kidde carbon monoxide (CO) alarms to area fire departments for installation in low-income homes. North Metro Fire Rescue District will receive 25 alarms to distribute in their local community starting, **Monday, December 15.**

North Metro Fire Rescue hopes to help low-income, disabled, and senior (55 and older) residents in Northglenn, Broomfield, and portions of Adams County! North Metro is offering one Carbon Monoxide Alarm per household. Individuals must meet the criteria listed above. Call Jeff Dorrell at (720) 887-0404 *2261 for more information and to see if you qualify!

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CO is produced whenever any fuel such as gas, oil, kerosene, wood or charcoal is burned. If appliances that require these fuels are maintained and in good working order, the amount of CO people are exposed to is usually not hazardous. However, if the appliances are malfunctioning or not used properly, dangerous levels of CO can result.

When CO is inhaled, it enters the blood stream and reduces the ability of the blood to carry oxygen to vital organs, such as the heart and brain. CO poisoning can be confused with flu symptoms, food poisoning and other illnesses. What are the symptoms you should look for in the beginning stages of CO poisoning?

- Headache
- Nausea
- Shortness of breath
- Drowsiness
- Ringing in the ears

How to Protect Yourself

Begin by installing CO alarms in central locations of your home. Place an alarm near the sleeping areas of your house and be sure that there is one CO alarm on each level of the house. The next essential step is to maintain these alarms so they can work for you! Test the CO alarms each month, following the manufacturer's instructions and replace the alarms' batteries every six months.

Additional safety tips include never warming up your vehicle inside your garage. Pull the vehicle out to your driveway to help dissipate the CO. Also have your fireplace, furnace and wood stove inspected each year for any cracks or mechanical problems. Finally, only use your barbeque grill outside—never in your home or your garage.

Act quickly if your CO Alarm activates! Get everyone in the house outside immediately. Then use a cell phone or borrow a phone at your neighbor's house to call