

# Making Your Home Healthy and Safe

## Carbon Monoxide and Lead Poisoning



*The Home SAFE Project is pleased to provide this fact sheet as part of its efforts to increase home safety awareness and activities in Los Angeles County.*

### Carbon monoxide (CO)

- Is a deadly gas that you cannot see or smell
- Comes from fuel-burning appliances that are not working properly, such as furnaces, gas ranges and heating systems
- Can build up in enclosed spaces and cause headaches, dizziness, sleepiness, loss of consciousness and death



### Lead

- Is a metal that can be found in paint from homes built before 1978
- Lead-based paint can break down and get into food, water, and house dust
- Contact with lead can cause headaches, nausea and weakness and over time cause high blood pressure, digestive problems, nerve disorders, and memory problems

Use these simple tips to protect yourself and your loved ones from CO and lead poisoning:

- ✓ Install CO alarms near bedrooms and in basements to warn you if the gas level is too high; replace batteries when you change the time on your clocks in the spring and fall
- ✓ If the CO alarm sounds, go outside quickly and call 9-1-1 from a safe place
- ✓ Never run your car in the garage even if the garage door is open
- ✓ Never use a gas range or oven to heat your home
- ✓ Each year, clean all air filters and have gas appliances and furnaces inspected by a professional
- ✓ If you live in a home built before 1978, contact your local health department about testing your home for lead

***Turn the page for resources to help you find and address any lead or CO hazards in your home.***

## RESOURCES

### **Eldercare Locator**

Free one-stop referral resource for aging-related services in each community

[www.eldercare.gov](http://www.eldercare.gov)

**(800) 677-1116**

### **Los Angeles Department of Public Health, Environmental Health**

Information on environmental health issues or toxins that may be found in your home

[http://publichealth.lacounty.gov/tox/carbonmonoxide\\_FAQ.htm](http://publichealth.lacounty.gov/tox/carbonmonoxide_FAQ.htm)

[http://publichealth.lacounty.gov/tox/lead\\_FAQ.htm](http://publichealth.lacounty.gov/tox/lead_FAQ.htm)

**(800) LA-4-LEAD (800-524-5323)**

### **Rebuilding Together Southern California**

Home modifications and repairs to make homes safer for income-eligible home owners

[www.RTSoCal.org](http://www.RTSoCal.org)

**(949) 278-2911**

***Call your Gas Company for a free annual check for gas leak risks.***

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