

Carbon monoxide

ACTION CHECKLIST

If a CO alarm sounds or carbon monoxide exposure is suspected, get everyone into fresh air immediately and call emergency services. Do not stay inside to find the source. Headache, dizziness, nausea or confusion can be warning signs.

[] Leave the building

Move people and pets into fresh air, without delaying to ventilate or troubleshoot.

[] Call from outside

Report the alarm, symptoms and possible fuel-burning source to emergency services.

[] Get medical help

Tell responders about suspected exposure even if symptoms improve outdoors.

[] Wait for clearance

Do not reenter until responders say it is safe.

WATCH FOR

CO is invisible and odorless. A silent smoke alarm is not proof that air is safe.

IF HELP IS UNAVAILABLE

Leave the building even if responders cannot be reached. Gather outside away from exhaust, keep everyone out and seek reachable medical care for symptoms. Do not send someone back inside to ventilate or switch equipment off.

Updated 2026-10-02 | Civilian educational guidance. Seek qualified help when reachable and safe; do not delay immediate protective action.

Full guide: <https://ospreyzero.com/emergencies/carbon-monoxide/>

Carbon monoxide · official guidance