

# How to stay safe at home: Carbon monoxide guide

## What are the warning signs of carbon monoxide?

- The boiler pilot light flames are burning yellow instead of blue
- There are sooty stains on or near appliances
- There's lots of condensation in the room
- You and those you live with are having flu-like symptoms (but without the high temperature). The most common symptoms are headaches, dizziness, nausea, stomach pain, difficulty breathing, vomiting, tiredness and confusion.

The longer you are exposed to the carbon monoxide leak, the worse your symptoms will be.

## What should I do if I suspect carbon monoxide poisoning?

- Evacuate your home straight way – on your way out, turn off any appliances and leave windows and doors open to ventilate the building if you can
- Call **999** for an ambulance if anyone has symptoms of carbon monoxide poisoning
- Once you're safe, report the incident to the gas emergency line on **0800 111 999** and then to us on **0141 889 7105**
- Don't go back inside the building until it's been checked by a professional

## How can I reduce the risk of carbon monoxide poisoning?

- Allow us to access your home for annual gas safety checks (you should receive a letter from our contractor City Technical about 8 weeks before this is due). We'll check your carbon monoxide alarm is working and that it's within its expiry date
- Although we visit to test it annually, you should also test your carbon monoxide detector every week – Push test button... ensuring the alarm sounds
- If any detectors aren't working in your home, call us on **0141 889 7105** to report this straight away
- Find out more about [carbon monoxide poisoning on the NHS website](#).