CONTINUING SAFETY EDUCATION PROGRAM

Sponsored by:

Cultural Care Au Pair
Dear LCC,

The Continuing Safety Education Program (CSEP) is designed to provide our au pairs with ongoing training in the area of child safety. As an LCC, it is your responsibility to plan and execute three au pair meetings dedicated to the CSEP curriculum.

The core curriculum you are required to cover is as follows:

- **Unit 1: Household Poisoning Prevention**
  You can choose to facilitate Unit 1 during your January, February, March or April au pair meeting.

- **Unit 2: Water Safety and Drowning Prevention**
  You can choose to facilitate Unit 2 during your May, June, July or August au pair meeting.

- **Unit 3: Fire and Carbon Monoxide Poisoning Prevention**
  You can choose to facilitate Unit 3 during your September, October, November or December au pair meeting.

Everything you need to facilitate a successful CSEP unit can be found in this booklet as well as on InfoSource. *(InfoSource: Au Pairs: Continuing Safety Education Program)*. For each of the three units, you will find:

1. **Goal:** Each unit comes with a defined goal, detailing what safety information au pairs should know by the end of the meeting.

2. **Suggestion for local partnership:** Many LCCs choose to partner with local safety officials to help teach the CSEP units. Here you will find suggestions as to who to contact in your area.

3. **Unit materials:** For each unit, there are a few common household items you may need in order to perform the safety activity. This section identifies what you will need to make available.

4. **Unit guideline:** The unit guideline will guide you through the curriculum step-by-step. We ask that you complete all components of each unit so all au pairs receive the same in-depth training.

   - **A. Perform safety activity:** At the start of the unit, you’ll be given several ways to open up the discussion about the topic at hand and get the au pairs to begin participating in the group dialogue.

   - **B. Discuss au pairs’ experience:** Au pairs will be encouraged to share their own experiences related to the safety topic, and we hope that you bring your personal experience to the discussion as well.

   - **C. Review Au Pair Quiz answers:** Before your au pairs arrive to the CSEP meeting, we ask that you share a link to an online quiz (designed as an additional vehicle to get them thinking about the safety topic at hand). They will be prompted to print out their answers and bring them to the meeting, at which time you are responsible for reading the quiz statements aloud and revealing the correct true/false answers.

   - **D. Review of prevention of safety hazard & E. Discuss action in the case of safety hazard:** Lastly, you will review prevention and discuss action with regards to the unit’s safety topic(s). You will do this in part by reviewing the information on the Take-Home Guides which you are responsible for distributing to your au pairs. These guides include helpful checklists au pairs can use to make sure they are following through on all actionable safety measures at home with their host children. *Please encourage au pairs to share these guides with their host parents once they are home.* Depending on the unit, you may also outline steps to take in the event of a safety breach.

By facilitating the CSEP units and providing au pairs with information on how to be safe, you are helping to strengthen Cultural Care Au Pair’s commitment to providing quality childcare to American host families. We encourage you to speak with your host families during your monthly touch base about the topic you will be covering in an upcoming meeting and add the information to your website. In addition, you will find customizable press releases on InfoSource for each safety unit—great tools for alerting the local media about your role in safety education for au pairs.

We thank you in advance for your commitment to the Continuing Safety Education Program (CSEP) and for the superior service, instruction and support you offer your au pairs!

Sincerely,
The staff at Cultural Care Au Pair
The Household Poisoning Prevention curriculum is to take place during one of the following months: January, February, March or April.

Goal:
To teach au pairs about the dangers of household poisons and precautions that can be taken to keep poisons away from kids.

Suggestion for local partnership:
Ask a local poison control official to facilitate this CSEP unit. (Find one in your area by visiting: aapcc.org.)

Unit materials:
You will need 5-10 potentially poisonous items (including some that might seem relatively harmless) in order to execute the safety activity at the beginning of the unit. These could include but are not limited to: house cleaner, insecticide, nail polish remover, topical anesthetics, prescription medicine, detergent, dishwasher detergent, furniture polish, perfume, aftershave, mouthwash, paint and paint thinner, mothballs, alcoholic beverages, miniature batteries, flaking paint, cigarettes and rat poison.

Unit guideline:
A. Perform safety activity
B. Discuss au pairs’ experience with fires and carbon monoxide (CO) poisoning
C. Review Au Pair Quiz answers
D. Review household poisoning prevention
E. Discuss action in the case of household poisoning

A. Perform safety activity
Directions: The following activities are suggestions to capture the au pairs’ attention right away and get them thinking about the importance of Household Poison Prevention. Choose at least one of the activities (or come up with one on your own) to perform at the beginning of the meeting. The whole group should be encouraged to participate in the demonstration and ensuing discussion.

• Set out the potentially poisonous that you have collected (see Unit Materials above). Ask the au pairs which of the items they think could be poisonous for kids, and where they should be kept. (NOTE: All of these items are potentially poisonous to children.)

• Bring your au pairs into 1-3 rooms of your home and ask them to identify potential poisoning hazards (you can “plant” such hazards using the potentially poisonous items listed in the Unit Materials). Ask the au pairs to name additional household items that could be a threat to children.

• Alternatively, ask your au pairs to dump out the contents of their purses/bags/backpacks out on the floor. Ask them to identify potentially poisonous items they see (could include: prescription medication, eye and nose drops, cigarettes, lighters, nail polish, nail polish remover, mouthwash, etc.). You can also point out that they might also find choking hazards, such as coins, paper clips, candy, etc., amongst their belongings.
B. Discuss the au pairs’ experience with household poisoning

Directions: Possible questions are listed below to help generate a discussion about the au pairs’ own experiences with household poisoning. You may also want to share your own personal experiences with this safety hazard.

- Have you or anyone you’ve known ever suffered from a household poisoning?
- If so, how did it happen? What was the outcome? Could it have been prevented? How could it have been prevented?
- How long do you think it would take for your host child to swallow or eat 10 pills? To drink a cup of liquid?
- Can you think of substances in your host families’ house right now that could be dangerous if ingested by your host children?

C. Review Au Pair Quiz answers

Directions: Before your meeting, please send your au pairs a link to an online quiz for this unit: culturalcare.wufoo.com/forms/quiz-household-poisoning-prevention. Au pairs will be prompted to print out their answers and bring them to the meeting. Please go over the statements and answers aloud and encourage the au pairs to participate.

1. **Statement:** It is a rare occurrence for a young child to suffer from household poisoning.
   **Answer:** False. Each year, approximately 45 children ages 4 and under die from unintentional exposure to medicines and household products. And millions of unintentional poisonings among children ages 5 and under occur each year.

2. **Statement:** The place where most child poisonings occur is in the grocery store.
   **Answer:** False. More than 90 percent of all poison exposures occur in homes.

3. **Statement:** Adults are at greater risk than children from poisoning exposure and injury because their bodies metabolize poisons faster.
   **Answer:** False. Children are at a significantly greater risk from unintentional poisoning death and exposure than adults because they are smaller, have faster metabolic rates, and are less able to physically handle toxic chemicals. Their natural curiosity and desire to put everything in their mouths further increases this risk.

4. **Statement:** Children ages 5 and under are at the greatest risk of poisoning. Children 0-2 years are especially vulnerable.
   **Answer:** True. In general, children ages 5 and under are at greatest risk for nonfatal poisoning, accounting for the majority of poison exposures. Children 0-2 years are especially vulnerable.

5. **Statement:** Children can’t be poisoned by vitamins.
   **Answer:** False. Children can be poisoned by medicines, vitamins, household products, lead and carbon monoxide (CO).

6. **Statement:** Caregivers often have a difficult time correctly administering an accurate dosage of over-the-counter medications to children.
   **Answer:** True. When dispensing over-the-counter medications to their children, only 30 percent of caregivers are able to accurately measure a correct dosage.

D. Review household poisoning prevention

Directions: The following ways to prevent household poisoning are listed on the Safety Take-Home Worksheets. Distribute the sheets provided to your au pairs so they can follow along, and encourage au pairs to take these home and share them with their host families. (Take-home sheets can also be downloaded from InfoSource: Au Pairs: Continuing Safety Education Program.)

- Ensure that all medications and household products are locked out of sight and out of reach of kids, even if they are labeled as child-resistant. Child-resistant does not mean child-proof. Items to watch for include cleaners, cosmetics and medicines.
- Always read labels, follow directions and give medicines to kids based on their weights and ages. Only use the dispenser that comes packaged with medications.
- Buy products in child-resistant packaging when available. Always store products in original packaging to avoid confusion.
- Discard old medicine regularly.

Continuing Safety Education Program
• Never create new cleaning solutions by mixing different products designed for other uses. New mixtures could be harmful to kids, and might not be stored in properly labeled or child-resistant containers.
• Avoid taking medicine in front of kids, as they tend to mimic adult actions.
• Never refer to medicine as candy.
• For homes with a residential swimming pool, make sure pool supplies and chemicals are locked out of reach.
• Make sure potentially poisonous plants are kept out of reach.

E. Discuss action in the case of household poisoning

Directions: Review the appropriate reaction should household poisoning occur.

• List poison control center and emergency medical service numbers near every phone.
• In a poisoning emergency, call 911.
• If the victim has collapsed or is not breathing, call 911.
• For poison on the skin: Remove contaminated clothing and flood skin with water for 10 minutes. Then wash gently with soap and water and rinse.
• For poison in the eye: Flood the eye with lukewarm (not hot) water poured from a large glass 2 or 3 inches from the eye. Repeat for 15 minutes. Have patient blink as much as possible while flooding the eye. Do not force the eyelid open.
• For inhaled poison: Immediately get the person to fresh air. Avoid breathing fumes. Open doors and windows wide. If victim is not breathing, start artificial respiration and call 911.
• For swallowed poison: If medicine: Do not give anything by mouth until calling for advice. If chemical or household products: Unless patient is unconscious, having convulsions, or cannot swallow, give milk or water immediately. Then call 911.
The *Water Safety & Drowning Prevention* curriculum is to take place during one of the following months: May, June, July or August.

**Goal:**  
To review water safety and drowning prevention and to educate au pairs about the proper safety precautions to take when kids are in or near water.

**Suggestion for local partnership:**  
Ask a local lifeguard, or first aid professional to facilitate this CSEP unit.

**Unit materials:**  
You will need one standard ruler in order to execute the safety activity at the beginning of the unit.

**Unit guidelines:**  
A. Perform safety activity  
B. Discuss au pairs’ experience with water safety and drowning prevention  
C. Review *Au Pair Quiz* answers  
D. Review water safety and drowning prevention  
E. Review action in the case of a water emergency

**A. Perform safety activity**  
*Directions:* The following activities are suggestions to capture the au pairs’ attention right away and get them thinking about the importance of Water Safety & Drowning Prevention. Choose at least one of the activities (or come up with one on your own) to perform at the beginning of the meeting. The whole group should be encouraged to participate in the demonstration and ensuing discussion.

- It takes just 20 seconds for a child to drown. To demonstrate this fact, ask an au pair to send a text message to a friend and time how long it takes them. Once they are finished, share with the group how much time lapsed and how little time it takes for a child to drown (ie, less than the amount of time it takes to send a text message).
- Hold up a ruler and ask au pairs to guess how much liquid in the bucket would be necessary to create a possible drowning situation. Tell them that kids can drown in as little as one inch of water and use the ruler to demonstrate how little one inch is.

**B. Discuss the au pairs’ experience with water safety and drowning prevention**  
*Directions:* Possible questions are listed below to help generate a discussion about the au pairs’ own experiences with water safety and drowning prevention. You may also want to share your own personal experiences with this safety hazard.

- Have you known anyone who was a victim of drowning or near-drowning?  
- Can you think of some scenarios that could pose a risk of drowning to your host children? Does your host family have a pool? A boat? How can you protect them from those risks?
• Do your responsibilities include bathing your host children? If you were in the middle of giving your kids a bath and the phone started ringing, what would you do?

C. Review Au Pair Quiz answers
Directions: Before your meeting, please send your au pairs a link to an online quiz for this unit: culturalcare.wufoo.com/forms/quiz-water-safety-drowning-prevention. Au pairs will be prompted to print out their answers and bring them to the meeting. Please go over the statements and answers aloud and encourage the au pairs to participate.

1. Statement: Drowning takes the lives of many children each year.
   Answer: True. Approximately 1,000 kids ages 14 and under drown each year.

2. Statement: Children can only drown when the water level is 6 inches or higher.
   Answer: False. Kids can drown in as little as one inch of water and are therefore at risk of drowning in wading pools, bathtubs, buckets, diaper pails, toilets, spas and hot tubs as well as swimming pools, lakes, rivers and oceans.

3. Statement: It is okay to leave an infant unattended in the bathtub for just a moment.
   Answer: False. More than half of drownings among infants (under age 1) occur in bathtubs. The majority of bathtub drownings occur in the absence of adult supervision.

4. Statement: Children can start to drown within seconds of coming into contact with water.
   Answer: True. Childhood drowning and near-drowning can happen in a matter of seconds and typically occur when a child is left unattended or during a brief lapse in supervision.

5. Statement: Most child drownings and near drownings occur in the ocean because the current is so strong.
   Answer: False. The majority of child drownings and near-drownings occur in residential swimming pools.

6. Statement: Most pool related drownings or near drownings occur in the child’s own pool.
   Answer: True. More than half of pool-related drownings or near-drownings occur in the kid’s home pool and one-third at the homes of friends, neighbors or relatives.

7. Statement: There are many things homeowners can do to help ensure water safety.
   Answer: True. Installation of proper fencing equipped with self-closing and self-latching gates, could prevent 50 to 90 percent of childhood residential swimming pool drownings and near-drownings. Door alarms, pool alarms and automatic pool covers, when used correctly, can add an extra level of protection.

8. Statement: Half of all children who drown in boating-related accidents were not wearing life jackets or personal flotation devices.
   Answer: True. It is estimated that half of all drowning events among recreational boaters from 2000 to 2006 could have been prevented if life jackets or personal flotation devices (PFDs) were worn.

D. Review water safety and drowning prevention
Directions: The following ways to promote water safety and drowning prevention are listed on the Safety Take-Home Worksheets. Please distribute these guides to your au pairs so they can follow along as you go over each point. Au pairs should be encouraged to take these home and share them with their host families.

• Never leave a child unsupervised in or around water in the home. Empty all sinks, tubs and buckets immediately after use. Store all containers upside down and out of reach.
• Do not rely on a bath support ring to keep a baby safe in the tub without adult supervision.
• Never leave a child unsupervised in or around a swimming pool or spa, even for a moment. A child can drown in the time it takes to answer the phone. All wading and inflatable pools should be emptied of water when not in use.
• Teach children to practice safe water habits. They should always wade into water first before diving or jumping to avoid hitting their heads on a shallow bottom. Children should not push or jump on others in the water.
• Children should never swim alone.
• Never let older children swim in unsupervised areas like quarries, canals or ponds. Older children are at risk of drowning when they overestimate their swimming ability.
• Make sure children are swimming in designated areas in oceans, lakes and rivers. Look for clear water with little or no current and check the depth of the water before swimming or diving.
• Children over age 3 should learn to swim from qualified instructors but caregivers should keep in mind that lessons do not make children “drown-proof.” Never rely on a life jacket/personal flotation device (PFD) or swimming lessons to protect a kid.
• Adults and children over age 13 should learn infant and child CPR.
• Children should not dive in water unless an adult is present and knows that the water is more than nine feet deep.
• Adults should not rely on pool covers or alarms to prevent children from drowning. Also, water must be kept from collecting on the surface of pool covers.
• Children and adults should wear a U.S. Coast Guard-approved life jacket/personal flotation device (PFD) when on a boat, near open bodies of water or when participating in water sports. Air-filled swimming aids, such as “water wings,” are not considered safety devices and are not substitutes for life jackets/personal flotation devices (PFDs).

E. Review of action in the case of water accident
Directions: Since only a trained professional should teach au pairs about basic first aid and CPR, it’s a good idea to encourage au pairs to sign up for a local lifesaving course. The Red Cross provides training programs for virtually any life-threatening situation. Au pairs can find local classes by going to the Red Cross website.
The Fire & Carbon Monoxide Poisoning Prevention curriculum is to take place during one of the following months: September, October, November or December.

Goal:
To teach au pairs about fire and carbon monoxide poisoning prevention and how to keep their host families safe in the event of a fire.

Suggestion for local partnership:
Ask a local fire department official to facilitate this CSEP unit.

Unit materials:
You will need pens and paper in order to execute the safety activity at the beginning of the unit.

Unit guideline:
A. Perform safety activity
B. Discuss au pairs’ experience with fires and carbon monoxide (CO) poisoning
C. Review Au Pair Quiz answers
D. Review fire and carbon monoxide poisoning prevention
E. Review action in the case of a fire or carbon monoxide poisoning

A. Perform safety activity
Directions: The following activities are suggestions to capture the au pairs’ attention right away and get them thinking about the importance of Fire & Carbon Monoxide Poisoning Prevention. Choose at least one of the activities (or come up with one on your own) to perform at the beginning of the meeting. The whole group should be encouraged to participate in the demonstration and ensuing discussion.

• Ask the following questions of your au pair group and ask them to raise their hand if the answer is “yes”:
  — If your host family’s home caught fire, would you know what to do?
  — How many of you know where the smoke alarms are located in your host family’s home?
  — How many of you know where the carbon monoxide detector is located in your host family’s home?
  — How many of you know where the fire extinguishers are located in your host family’s home? Do you know how to use them?
  — How many of you are aware of a family escape route in case of a fire?
  — How many of you are aware of a designated family meeting spot outside the home in case of a fire?
  — How many of you know at least two ways to get out of every room in your host family’s home?
  — How many of you have a bedroom or have a host child(ren) whose bedroom is on the second or third floor? If so, is an escape ladder or rope available? If so, how many of you know how to use it?

• Distribute pens and paper and ask au pairs to draw an approximate floor plan of their host family’s home. If they have already determined a fire escape route with their host family, encourage them to share it with the rest of the group. If they haven’t done so, ask the au pairs to map out possible escape routes using their floor plans.
B. Discuss the au pairs’ experience with fire and carbon monoxide safety and prevention
Directions: Possible questions are listed to help generate a discussion about each au pair’s experiences with fires and fire-related injuries as well as carbon monoxide poisoning.

• Have you or anyone you’ve known suffered from a fire-related injury? If so, how did it happen? What was the outcome? Could it have been prevented? How could it have been prevented?
• Do you think your host family has taken necessary precaution against fires in their home? Why or why not? Does your host family have smoke detectors in their home? (If the au pairs don’t know, encourage them to find out and make sure they are in working order.)
• Have you or anyone you’ve known ever suffered from carbon monoxide poisoning? If so, how did it happen? What was the outcome? Could it have been prevented? How could it have been prevented?
• Does your host family have CO detectors in their home? (If the au pairs don’t know, encourage them to find out.)

C. Review Au Pair Quiz answers
Directions: Before your meeting, please send your au pairs a link to an online quiz for this unit: culturalcare.wufoo.com/forms/quiz-fire-carbon-monoxide-poisoning-prevention. Au pairs will be prompted to print out their answers and bring them to the meeting. Please go over the statements and answers aloud and encourage the au pairs to participate.

1. Statement: Fires are not a big threat to the lives of children in the U.S.
   Answer: False. Fires and burns are the 3rd leading cause of unintentional injury-related death among kids ages 14 and under.

2. Statement: When a residential fire occurs, children ages 5 and under are at greatest risk for fire-related injury.
   Answer: True. Small children don’t understand the danger of fire and they have less control over their environment.

3. Statement: The chances of dying in a fire in your home are much lower when there is a working fire alarm present.
   Answer: True. Chances of dying in a residential fire are cut in half when a smoke alarm is present.

4. Statement: Most households have developed and practiced a fire escape plan.
   Answer: False. Less than 20% of households have developed and practiced a fire escape plan, even though it decreases the risk of fire-related injury.

5. Statement: It is safe for children to play with matches or lighters.
   Answer: False. 76% of child-play fires are started with matches or lighters. And, child-play fires are the leading cause of residential fire-related death and injury among kids ages 9 and under.

6. Statement: When people die in a fire, it is most often because of the burns they sustain on their bodies.
   Answer: False. Three-fourths of all fire-related deaths are from smoke inhalation, caused as fires develop and spread. Flames and burns are responsible for one-fourth of fire-related deaths and injuries.

7. Statement: Children cannot die from carbon monoxide poisoning.
   Answer: False. Each year, 30 kids ages 14 and under are fatally poisoned by carbon monoxide (CO).

8. Statement: Carbon monoxide poisoning can only happen in the winter.
   Answer: False. Although the majority of carbon monoxide exposures occur in the winter, precaution is still necessary during the rest of the year.

9. Statement: Most fire-related deaths are a result of burns on the body.
   Answer: False. Three fourths of all fire-related deaths are from smoke inhalation, caused by the toxic gases produced as fires develop and spread. Most smoke-inhalation fire deaths are due exclusively or primarily to CO.

10. Statement: Carbon monoxide alarms may prevent CO poisoning deaths.
    Answer: True. It is estimated that CO alarms may prevent half of all residential CO poisoning deaths.
D. Review ways to prevent fire-related injuries and carbon monoxide poisoning

Directions: The following ways to prevent fire-related injuries and carbon monoxide poisoning are listed on the Safety Take-Home Worksheets. Distribute the sheets provided to your au pairs so they can follow along, and encourage au pairs to take these home and share them with their host families. (Take-home sheets can also be downloaded from InfoSource: Au Pairs: Continuing Safety Education Program.)

**FIRE PREVENTION**

- Together with your host parents, test smoke alarms once a month. Replace the batteries in smoke alarms once a year. Make sure that there is an alarm on every level and in every sleeping area of the house.
- Along with your host parents, plan and practice fire escape routes from each room of the home and identify an outside meeting place. Practicing an escape plan may help kids who become scared and confused in a fire to escape to safety.
- Ask your host parents to consider purchasing escape ladders for bedrooms on the second or third floor. Learn how to use them and store them near the window.
- Keep matches, gasoline, lighters and all other flammable materials locked away and out of reach.
- Teach kids never to play with matches and lighters and to tell an adult if they find them.
- Teach kids that only adults should light candles, a campfire or a barbecue.
- Teach kids what firefighters look like so they will not be scared in the case of a fire.
- Never leave cooking food unattended.
- Keep clothing, furniture, paper and other flammable materials away from a fireplace, heater or radiator.
- Avoid plugging several appliance cords into the same electrical socket.

**CARBON MONOXIDE POISONING PREVENTION**

- Together with your host parents, make sure that CO alarms are installed in every sleeping area and on the ceiling at least 15 feet from fuel-burning appliances. Check that the alarms are in working condition.
- When using a fireplace or wood-burning stove, open the flue for adequate ventilation. When using a space heater, make sure it is vented properly. Never allow a child to sleep in a room with a space heater.
- Never use barbecue grills indoors.
- Do not leave a vehicle running in a garage, even with the door open.
- List poison control center and emergency medical service numbers near each phone.

E. Discuss action in the case of a fire or carbon monoxide poisoning

Directions: Review the appropriate reaction should a fire or carbon monoxide poisoning occur.

**IN CASE OF A FIRE**

1. If you are woken up by the sound of your smoke alarm or by the sound or smell of what you think is a fire:

   - **STOP - THINK - ACT**
   - Stay calm. Wake all the members of your family.
   - Do not stop to collect anything. Fire is unpredictable. NEVER take chances.
   - Make your way out together, through the nearest exit.
   - Do not open any doors other than the ones you need to escape through.
   - If a door feels hot DO NOT open it.
   - When everyone is safely outside call the Fire Department from a public telephone or a neighbor’s house.
   - Do not go back into the house for any reason until the Fire Department tells you it is safe to return.

2. Some fires generate a lot of smoke. This can kill you. If you have to go through a smoke-filled hallway or room, get down on your hands and knees and crawl under it. If you see smoke or fire in your first escape route, use your second way out. If you must exit through smoke, crawl low under the smoke to your exit. If you are trapped in a room by smoke or fire, you need to try to stop the smoke from getting into the room:

   - Close the door.
   - Block any gaps into the room. Use towels, blankets or spare clothes.
   - If there is a telephone in the room dial 911.
• If there is no telephone, go to the window and shout for help.
• Once you know you have been heard and help is on the way, stay near to the floor by the window. Smoke and heat rise so you are safer near to the ground.
• If your windows are double glazed, use a heavy object and hit the window in a bottom corner. To make any jagged edges safer, use a towel or blanket.

3. Try to teach your host children about what to do in a fire and practice with them:

• Stay low to the floor and crawl to the nearest exit in the case of a fire.
• Touch doors before opening them. If the door is warm, it could mean there is a fire on the other side.
• Call for help from a neighbor’s home, not from inside a burning building. No one should re-enter a burning building.
• If clothing catches on fire STOP, DROP and ROLL.

IN CASE OF A CARBON MONOXIDE POISONING
Exposure to CO can be deadly because carbon monoxide impairs the body’s ability to use oxygen. Symptoms of CO poisoning are similar to the flu, only without a fever and may include: headache, fatigue, nausea, dizziness and shortness of breath. Eventually, carbon monoxide poisoning can progress to loss of consciousness, brain damage and death. Carbon monoxide poisoning can be so mild, however, that many people may not notice the initial signs. Since exposure can cause drowsiness, people can be overcome while sleeping.

If you or your host children experience any of the symptoms listed above:

• Get fresh air immediately.
• Call 911.
• Open windows and doors, turn off combustion appliances and contact the fire/police department.