METRO WEST DAILY NEWS

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Keyword: Cableorganizer

WINTER 2011
COMMUNITY NEWSPAPER COMPANY

HEALTHY Living

mind • body • spirit

Therapy animals

PETS OFFER HEALTH BENEFITS AS WELL AS COMPANIONSHIP

'SUPER FOODS' FOR A BETTER LIFE

FITNESS TIPS FOR ALL AGES

GETTING A GOOD NIGHT'S

SLEEP

WEST ZONE 2
Milford Daily News and The Country Gazette

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AVOID THE SILENT, INVISIBLE KILLER

FACTS TO KNOW ABOUT DEADLY CARBON MONOXIDE

Carbon Monoxide (CO) is produced when wood and fossil fuels like oil, natural gas, charcoal, kerosene and gasoline don't burn completely. If it builds up inside a home or other building – often as the result of faulty heating systems that operate on oil, natural gas, etc. –it can kill humans and animals.

Carbon monoxide harms people by blocking oxygen from entering the bloodstream. CO bonds to the hemoglobin in blood, preventing it from doing its job: carrying oxygen throughout your body.

And worst of all **CO can't be seen, smelled, or tasted** – that's why its nickname is "the Silent Killer." Only a carbon monoxide detector can warn you that CO is presenti your home or other buildings.

Watch out for these symptoms and take these measures to prevent your loves ones and you from becoming victims of carbon monoxide poisoning.

CO poisoning in humans often feels like the flu, with symptoms like fatigue, muscle aches, nausea and headache, but can progress to disorientation, elevated heart rate, convulsions, organ damage, and even death.

When you're asleep, you can't feel CO symptoms. So make sure that carbon monoxide detectors are installed in all bedrooms and sleeping areas of your home - they save lives!

Creating an Escape Plan:

Does your family know where to go and what to do if your smoke alarm or carbon monoxide detector goes off? If not, NOW is the time to make a plan! Here's how:

Walk through your home with your children and point out all possible exits, like doors, windows and fire escapes.

Sit down together to **draw a map of your home, and mark the shortest escape routes from each room.** This is smart for all kinds of emergencies requiring leaving your home.

Choose someplace safe and familiar outside of your home where family members can meet in an emergency after escaping the home – such as at a neighbor's house, a nearby street sign, or a lamp-post.

Pair young, elderly, or handicapped members of your household with an "escape buddy" who can help them safely leave the house during a fire or any other emergency. Do this when planning for emergencies.

Hold practice escape drills every few months, both day and night, so your family is very familiar with the procedure if an emergency occurs.

CableOrganizer.com assembled these tips. CableOrganizer is committed to providing informational resources that will help you and your family prevent fires and carbon monoxide poisoning, and the products you'll need to do so as well. Consumers may order a wide selection of smoke alarms, carbon monoxide detectors, firestop caulks, foams and sealants, and fire-rated lighting covers from trusted brands like Kidde, First Alert, FireX, 3M™, Abesco and Nelson Firestop online at http://CableOrganizer.com or via toll-free telephone at 1-866-222-0030.

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