Carbon Monoxide (CO) gas can kill in minutes or permanently damage your health. It is colourless, odourless and highly poisonous.

Who qualifies for free checks?

















If you are over pension age, disabled, chronically sick and receiving pension credit or council tax benefit or housing benefit, you can probably get a free Gas Safety check from your energy supplier. (See the back of their bill.) If your home is rented then your landlord must provide a Gas Safety check every 12 months.

Carbon Monoxide poisoning can be caused by appliances that aren't properly maintained. They should be serviced once a year.

Watch out for the symptoms –

- Mild headache
 Dizziness
- Nausea
 Vomiting
 Fatique
- Drowsiness

Buy a CO alarm for your family and protect them from the danger of poisoning. It only costs around £25.

Make sure it is approved to EN50291 standard.

CO-Awareness supports victims, their families and friends poisoned by Carbon Monoxide (CO) while trying to raise awareness among health professionals and the general public, of the dangers of CO.

Telephone Lynn on 0771 589 9296 Email: LynnCoAwareness@aol.com REGISTERED CHARITY NO. 1125755

Trust in us to help you understand the effects of Carbon Monoxide (CO) and other toxic products of

CO is the chemical formula for carbon monoxide





