

MARICOPA COUNTY PARKS AND RECREATION DEPARTMENT

KNOW THE SIGNS OF CARBON MONOXIDE POISONING

Carbon monoxide (CO) can harm and even kill you inside or outside your boat! Know the signs:



MILD

- Slight headache
- Nausea
- Vomiting
- Fatigue



MEDIUM

- Severe headache
- Confusion
- Drowsiness
- Fast heart rate



EXTREME

- Unconsciousness
- Convulsions
- Cardio-respiratory failure
- Death

Most carbon monoxide poisonings are preventable. Every boater should be aware of the risks associated with carbon monoxide - what it is; where it may accumulate; and the symptoms of CO poisoning. To protect yourself, your passengers, and those around you, learn all you can about CO.