This is the time of year when everyone starts to think about heating your home, so let's keep in mind that carbon monoxide poisoning is a potential threat. The Centers for Disease Control and Prevention (CDC) provides important information on the subject. The content below was taken directly from the CDC’s website. If you’d like more information, please visit http://www.cdc.gov/

Carbon Monoxide (CO) Poisoning Prevention

Every year when the temperature drops, your furnace can become a silent killer. Gas and oil burning furnaces produce carbon monoxide (CO), which is an invisible, odorless, poison gas that kills hundreds every year and makes thousands of others sick.

Daylight Saving Time ended this month, so as you set your clocks back one hour, I hope you remembered to change the batteries in your CO detector. If you didn’t, I encourage you to do so. If you don’t have a battery-powered or battery back-up CO alarm, now is a great time to buy one because every year in the U. S., more than 400 people die from accidental CO poisoning.

CO is found in fumes produced by furnaces, portable generators, stoves, lanterns, and gas ranges, or by burning charcoal and wood. CO from these sources can build up in enclosed or partially enclosed spaces. People and animals in these spaces can be poisoned and can die from breathing CO.
How to Recognize CO Poisoning

The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion. People who are sleeping or who have been drinking alcohol can die from CO poisoning before ever having symptoms.

Important CO Poisoning Prevention Tips

- Never use a gas range or oven to heat a home.
- Never leave the motor running in a vehicle parked in an enclosed or partially enclosed space, such as a garage, nor an unattached garage.
- Never run a motor vehicle, generator, pressure washer, or any gasoline-powered engine outside an open window, door, or vent where exhaust can vent into an enclosed area.
- Never run a generator, pressure washer, or any gasoline-powered engine inside a basement, garage, or other enclosed structure, even if the doors or windows are open, unless the equipment is professionally installed and vented. Keep vents and flues free of debris, especially if winds are high. Flying debris can block ventilation lines.
- Never use a charcoal grill, hibachi, lantern, or portable camping stove inside a home, tent, or camper.
- If conditions are too hot or too cold, seek shelter with friends or at a community shelter.
- If CO poisoning is suspected, consult a health care professional right away.

CO poisoning is entirely preventable. You can protect yourself and your family by acting wisely in case of a power outage and learning the symptoms of CO poisoning.

More Information

Carbon Monoxide Poisoning

CO Poisoning Prevention Tips in 16 Additional Languages
Prevention Guidelines

You Can Prevent Carbon Monoxide Exposure

- **Do** have your heating system, water heater and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.
- **Do** install a battery-operated CO detector in your home and check or replace the battery when you change the time on your clocks each spring and fall. If the detector sounds leave your home immediately and call 911.
- **Do** seek prompt medical attention if you suspect CO poisoning and are feeling dizzy, light-headed, or nauseous.
- **Don’t** use a generator, charcoal grill, camp stove, or other gasoline or charcoal-burning device inside your home, basement, or garage or near a window.
- **Don’t** run a car or truck inside a garage attached to your house, even if you leave the door open.
- **Don’t** burn anything in a stove or fireplace that isn’t vented.
- **Don’t** heat your house with a gas oven.

Alert/Warning

Cal-Maine Foods, Inc. Conducts Voluntary Egg Recall

Sun, 07 Nov 2010 19:23:00 -0600

JACKSON, Miss. (November 5, 2010) - Cal-Maine Foods, Inc. (NASDAQ: CALM) today was notified by the Food & Drug Administration (FDA) that one of the Company’s suppliers, Ohio Fresh Eggs, LLC, Croton, Ohio, had a
routine environmental study sample which tested positive for Salmonella Enteritidis (SE). Cal-Maine purchased approximately 24,000 dozen unprocessed eggs from Ohio Fresh which were processed and re-packaged by the Company’s Green Forest, Arkansas, facility between October 9 and 12, 2010, yet the Company was only notified today.

- **Products:** Sunny Meadow, Springfield Grocer, Sun Valley, and James Farm eggs (see recall notice for specific dates and plant numbers)
- **Distributed:** To food wholesalers and retailers in Arkansas, California, Illinois, Iowa, Kansas, Missouri, Oklahoma and Texas.
- **Why:** Possible *Salmonella*
- **Illnesses reported:** None
- **For more information:** Contact Cal-Maine’s corporate office at 1-866-276-6299 between 8:00 a.m. and 4:30 p.m. CDT.