**Health Effects of CO:**

Carbon monoxide, or CO, is a toxic gas that you cannot see or smell. CO is given off whenever fuel or other carbon-based materials are burned. CO usually comes from sources in or near your home that are not properly maintained or vented.

**Risk, Symptoms and Health Effects**

* All people are at risk for CO poisoning. Unborn babies, infants, the elderly, and people with chronic heart disease, anemia, or respiratory problems are generally more at risk than others.
* Breathing CO can cause headache, dizziness, vomiting, and nausea. If CO levels are high enough, you may become unconscious or die. Exposure to moderate and high levels of CO over long periods of time has also been linked with increased risk of [heart disease](http://www.cdc.gov/niosh/topics/heartdisease). People who survive severe CO poisoning may suffer long-term health problems.