



# FLU SYMPTOMS OR CARBON MONOXIDE?

Breathing in high levels of carbon monoxide can cause loss of consciousness and death in a matter of minutes.

Carbon monoxide poisoning can be misdiagnosed as it mirrors flu like symptoms unless the cause is very obvious.

High risk groups include infants, the elderly, pregnant women, and anyone with a previous history of cardiac insufficiency or chronic obstructive lung disease.

## TO ENSURE YOU'RE SAFE:

- Have fuel burning appliances serviced at least once every two years by a registered licenced gasfitter
- Unblock all flues, vents and chimneys
- Fit an audible Carbon Monoxide Alarm

## EARLY SYMPTOMS OFTEN MIMIC THE FLU:

- Headache · Nausea · Confusion
- Shortness of breath · Weakness · Lethargy

**Be aware of these symptoms and don't wait!**

**! BECOME CO AWARE  
AND PROTECT YOUR FAMILY  
FROM THE SILENT KILLER!**

## SEVERE SYMPTOMS

CONVULSIONS



UNCONCIOUSNESS



DEATH



**If you suspect  
carbon monoxide poisoning**

**CALL 000**

**& get fresh air immediately!**