

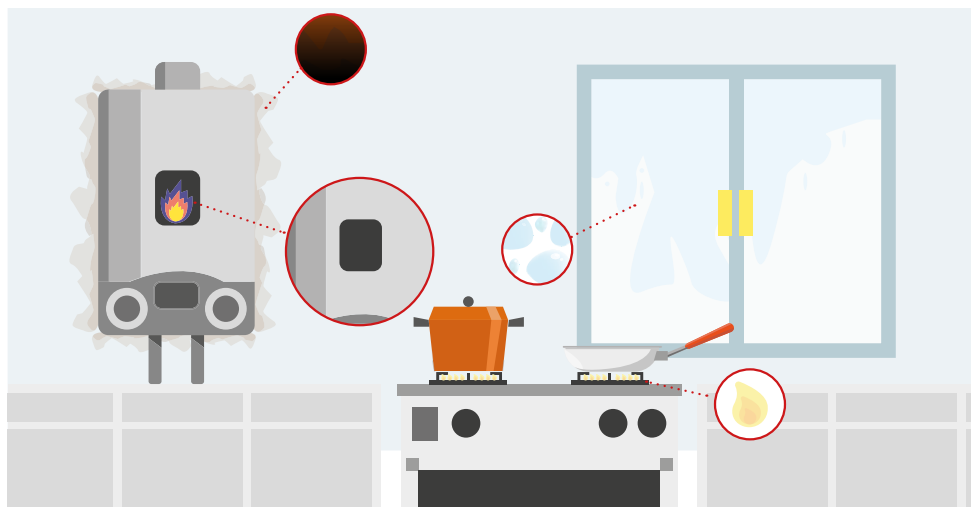
# Carbon monoxide risks: **Are you cooking safely?**

We have recently experienced an increase in gas incidents related to **carbon monoxide (CO)** in your area, so this advice is to help you and your loved ones stay safe.

## What is CO?

CO is a colourless, odourless, poisonous gas that you can't see, hear, smell or taste.

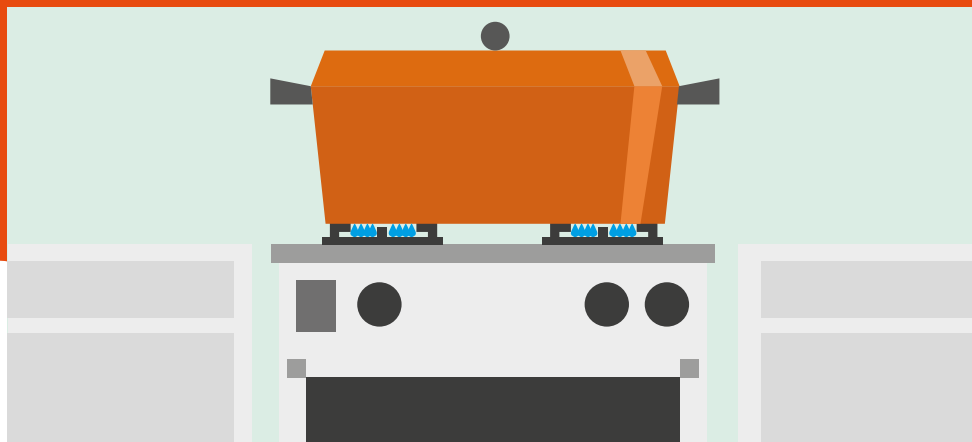
It can be produced in your home by anything that burns carbon-based fuels, including gas, oil, wood, coal, petrol or diesel. That could be your cooker, boiler, wood burner or fire.



## Are you cooking safely?

Some everyday cooking practices can create CO, like the following examples which you should **ALWAYS** avoid:

- Covering the cooker hob with foil which blocks the hob's air vents.
- Using a large cooking pot, which covers all hob rings.
- Heating charcoal in the oven.



## Burning fuel for religion and leisure

Many everyday items can become dangerous if used incorrectly or in poorly ventilated spaces.

Ceremonial burning, such as using Bakhoor, often involves burning wood or charcoal - both of which produce CO.

Shisha pipes also use charcoal, which you inhale along with the tobacco. Using them indoors or in enclosed spaces significantly increases the risk of CO poisoning.



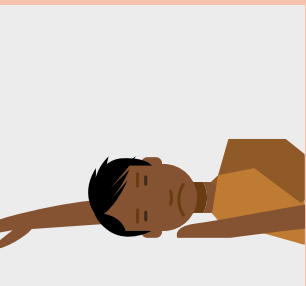
To stay safe, only use these items outdoors, in a well ventilated area, and clean the product regularly to prevent harmful build up.



# What is the effect of CO?

CO poisoning can affect anyone and happens when you breathe in even a small amount. So, it's important to know the symptoms to look out for.

They can be similar to a flu, tiredness or a hangover, but if your symptoms lessen when you're in fresh air, it might be CO poisoning. The main symptoms are:

		
Mild	Medium	Extreme
Slight headache	Severe headache	Unconsciousness
Nausea	Confusion/forgetfulness	Convulsions
Vomiting	Drowsiness	Cardio respiratory failure
Fatigue	Fast heart rate	Death

## How to check for signs of CO:

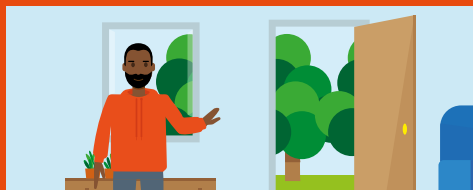
- Gas flames look lazy and are yellow or orange rather than blue.
- Soot or yellow-brown staining around a gas appliance.
- Increased condensation on windows in rooms with a gas appliance.
- Pilot light on your boiler frequently blows out.

If you spot any of these signs it doesn't mean that there is CO present, but it would be best to get your gas appliances checked by a Gas Safe registered engineer.

## To minimise the risk of CO poisoning, you should take the following steps:

- Purchase a CO alarm that alerts you and make sure it's positioned correctly and tested regularly.
- Book an annual service for your gas appliances and ensure they are installed correctly by a Gas Safe registered engineer. Visit [gassaferegister.co.uk](https://gassaferegister.co.uk) to find an engineer near you.
- Check your flues and get chimneys swept at least once a year by a registered professional.

## What should I do if I suspect CO?



Open all windows and doors



Move outside into fresh air



Call the Gas Emergency  
Service immediately on  
**0800 111 999\***

**For more advice and information visit [cadentgas.com/co](https://cadentgas.com/co)**

If you require this document in an alternative format or language please call us on **0800 389 8000** or email **[wecare@cadentgas.com](mailto:wecare@cadentgas.com)**

\*All calls are recorded and may be monitored.

**Cadent**  
Your Gas Network