



Advice from TV property expert Kirstie Allsopp

TV property expert and mum of two, Kirstie Allsopp explains why she's supporting the Carbon Monoxide – Be Alarmed! campaign and offers her advice on how to stay safe:

I'm supporting this campaign because now that I know the dangers of Carbon Monoxide I want to make sure that everyone is aware of the risks. There are millions of people out there who don't know that there's a silent killer that can creep into their home – everybody's vulnerable, children, old people, anyone who sleeps in any house.

Research shows that there are 20 million unprotected households in the UK. Around 30 people die every year and many more have their health permanently damaged due to Carbon Monoxide poisoning. Paralysis and brain damage are just two of the effects of this silent killer.

So, how can you stay safe?

It's very easy to protect yourself and your family:

- 1 Fit an audible alarm:** an alarm that lasts for six years can cost as little as £15 and takes seconds to fit. If you don't have a Carbon Monoxide alarm you can't see that killer coming. You can't see it, you can't smell it, you can't taste it. It can get you in the night and you won't know anything about it.
- 2 Get fuel-burning appliances checked by a professional and chimneys swept at least once a year:** you can find a registered engineer or check their credentials at the following websites:
 - Gas Safe Register (gas) www.gassaferegister.co.uk
 - HETAS (solid fuel) www.hetas.co.uk
 - OFTEC (oil) www.oftec.co.uk
- 3 Recognise the symptoms:** these include flu-like symptoms, headaches, nausea, dizziness, tiredness and palpitations. If those symptoms ease when you leave your home, they may be caused by Carbon Monoxide.
- 4 Act immediately if you think you've been affected:** seek medical advice, switch off all fuel burning appliances, open windows for ventilation and call the relevant emergency advice line:
 - Gas Emergency Service (gas) **0800 111 999**
 - HETAS (solid fuel) **0845 634 5626**
 - OFTEC (oil) **0845 658 5080**.

These four simple steps could save the lives of you and your family.

**For more information and advice on how to stay safe visit:
www.co-bealarmed.co.uk**

About Kirstie Allsopp

Kirstie presents Kirstie's Homemade Home, and also co-presents Location, Location, Location and Relocation, Relocation for Channel 4. Earlier in her career, Kirstie worked for Country Living, Food & Homes magazine and Hindlip & Prentice Interiors. She then founded Kirmir Property Search, striving to find the perfect property for every client and making it as painless a process as possible. However, once her television career took off she left the company to write books, contribute to countless charities and to become a mum.

Carbon Monoxide – Be Alarmed! is the national campaign to reduce the number of deaths and injuries caused by Carbon Monoxide. The campaign is funded and delivered by the Energy Retail Association on behalf of the Carbon Monoxide Consumer Awareness Alliance (COCAA) and supported by around 40 other organisations.