



## Campaign Background and Facts

- Carbon Monoxide – Be Alarmed! is the national campaign to reduce the number of deaths and injuries caused by carbon monoxide.
- The campaign is run by Energy UK, funded by Britain's six major gas and electricity companies, and supported by a wide range of charities and other organisations.
- Too many people in the UK die needlessly or become seriously ill because of carbon monoxide poisoning each year. Despite the dangers, less than a third of households in the UK have a carbon monoxide alarm, putting more than 16.4 million households at risk.
- Carbon monoxide poisoning can cause death or permanent injury to you or your loved ones. Even low level exposure over a long period can cause lasting damage to your health in many ways, including permanent brain damage. When you inhale carbon monoxide it starves your body of oxygen.
- The six main symptoms of carbon monoxide poisoning are headaches, dizziness, nausea, breathlessness, collapse and loss of consciousness.
- Young children and elderly people are particularly at risk because their bodies are less able to withstand the effects of carbon monoxide poisoning (half of those killed are aged under 12 or over 60).
- All fuel-burning appliances (including stoves, fires, boilers and water heaters) can produce carbon monoxide and need to be serviced annually by a registered and qualified engineer. Only half of all UK households claim to do this.
- Millions of people are putting themselves at risk by not having an audible carbon monoxide alarm in their home. Although over a third of people in the UK claim they have a carbon monoxide alarm, other research suggests that the true figure is much lower. You can buy an alarm from most DIY stores, supermarkets, high street stores and energy companies.
- Be aware of the symptoms and seek urgent medical help through NHS Direct (or NHS 24 in Scotland) if you are concerned.

**For more information and advice on how to stay safe visit:  
[www.co-bealarmed.co.uk](http://www.co-bealarmed.co.uk)**

Research was carried out between 7th and 9th December 2010 via a YouGov omnibus survey of 2,108 adults aged 18+ in Great Britain.