

**FOR IMMEDIATE RELEASE**

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For More Information Contact

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**CUMBERLAND PLATEAU HEALTH DISTRICT PROVIDES TIPS  
TO PREVENT CARBON MONOXIDE POISONING**

(LEBANON, Virginia) – The Cumberland Plateau Health District (serving Buchanan, Dickenson, Russell, and Tazewell Counties) is pleased to offer carbon monoxide poisoning prevention brochures at all four health departments and at participating stores that sell generators. In Virginia there were 79 deaths in 2009 due to accidental carbon monoxide inhalation. Of those, three were in our health district.

Visit one of the health departments or participating local retailers to learn more about how to prevent carbon monoxide poisoning. Each health department will host a drawing for free carbon monoxide detectors to be given away throughout the winter months. Retail stores throughout the health district are participating in this event to spread awareness about carbon monoxide poisoning. Participating retailers include Van Sant Hardware in Buchanan County, Modern Hardware in Clintwood, Lowes in Claypool Hill, Magic Mart in Grundy and West End Pharmacy in Clintwood.

Carbon Monoxide Safety Tips:

- Don't sleep in any room with an unvented gas or kerosene space heater.
- Don't warm up your car by leaving it inside the garage with the engine running, even if the garage door is open.
- Do not use a gas oven, charcoal grill or camping stove to heat your home.

Signs of Carbon Monoxide Poisoning:

- headache
- nausea and vomiting
- chest pain
- dizziness
- confusion
- loss of consciousness, or "passing out"

**\*\* SPECIAL NOTE ABOUT GENERATORS \*\*** Beware: every year, people die or are sickened in accidents involving portable generators. Never operate a generator inside a house, crawlspace, shed, or garage, even if windows are open. Place generators outdoors and far away from any doors, windows, or vents that can circulate the exhaust into your home.

For more information, visit [www.vdh.virginia.gov](http://www.vdh.virginia.gov), or call or stop by your local health department for more information about carbon monoxide poisoning. Office hours are 8 a.m. to

*(More)*

4:30 p.m.

- Buchanan County Health Department, 276-935-4591
- Dickenson County Health Department, 276-926-4979
- Russell County Health Department, 276-889-7621
- Tazewell County Health Department, 276-988-5585

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