Central Michigan University employees are committed to promoting safety at work, on-campus, as well as at home. The mission of Environmental Health & Safety is to promote safety and protection of human and physical assets of Central Michigan University. To assist in developing a safe campus environment, EH&S provides information encouraging the campus community to practice safe habits at work and at home. Please feel free to share this information with others. The EH&S newsletter is for information sharing only.

Always remain safe.

Each year, more than 400 people die from carbon monoxide poisoning and more than 2000 are hospitalized. Carbon monoxide poisoning is preventable by having a working carbon monoxide detector in your home.

Below are some simple tips to protect you and your family from deadly carbon monoxide. Source obtained from: http://www.maricopa.gov/safety/tips/2011-1-tip.asp

WHAT, WHERE AND WHO IS AT RISK REGARDING CARBON MONOXIDE

- Carbon monoxide is an odorless, colorless toxic gas. It is impossible to see, taste or smell the fumes. Carbon monoxide can kill you before you are even aware that it’s in your home.
- At lower levels of exposure, it causes milder effects that often are mistaken for the stomach flu virus. The symptoms include: headaches, dizziness, disorientation, nausea and fatigue. The effects vary from person to person depending on your overall health, concentration of the CO, and length of exposure.
- Carbon monoxide can come from several sources: gas-fired appliances, charcoal grills, generators, wood-burning furnaces or fireplaces, and vehicles.
- Everyone is at risk. Medical experts believe that unborn babies, infants, children, senior citizens and individuals with heart or lung problems are at an even greater risk.

WHEN THE ALARM GOES OFF

If no one in your household is feeling ill then:

- Silence the alarm.
- Turn off all appliances and sources of combustion (furnace etc.,)
- Ventilate the house with fresh air.
- Call a qualified professional to investigate the source of possible CO buildup.

HOW TO PROTECT YOURSELF AND FAMILY

- Install at least one carbon monoxide alarm near sleeping areas and outside individual bedrooms.
- Make sure your alarm has been nationally recognized by a national laboratory. The alarms measure levels of CO over time and are designed to sound an alarm before an average, healthy adult would experience symptoms.
- Have a qualified professional check your furnace yearly.
- Never use your range or oven to help heat your home and never use a charcoal grill or hibachi in your home or garage.
- Never keep a car running in a garage. Even if the doors are open, normal circulation will not provide enough fresh air to prevent a dangerous buildup.
- In the event your vehicle gets stuck in the snow, make sure your tail pipe is free and clear of snow. Snow can block the tail pipe and cause the CO to enter the vehicle.

REMEMBER: A CARBON MONOXIDE ALARM IN YOUR HOME CAN SAVE YOU AND YOUR FAMILY’S LIFE.
Carbon monoxide may have killed Missouri family, police say

December 10, 2010|By Scott Thompson, CNN

Authorities conducting autopsies on a family of four found dead in their home in eastern Missouri said preliminary autopsy results showed that the family may have died from carbon monoxide inhalation, police said Friday. The four -- a couple in their late 20s, their 4-year-old son and their 3-year-old daughter -- were found dead Thursday afternoon, said police in the city of St. Clair.

Police had been summoned to the house after the man's co-workers became concerned that he had not gone to work for several days, said police Chief Bill Hammack. Inside, officers found the four bodies but no indication of foul play, he said. Family members told police they had last been in contact with the family Tuesday, when he complained that he was feeling sick and nauseated, Hammack said.

According to the Center for Disease Control, each year nearly 500 people die in the United States from carbon monoxide poisoning, and as many as 20,000 visit emergency rooms for exposure from poorly maintained heating systems and gas-powered generators. "Dangers from poorly maintained heating systems are really going to be the number one cause of carbon monoxide poisonings in the United States," Dr. Paul Garbe said on a CDC online video. CDC recommends that all homes have carbon monoxide detectors," Garbe said.

"I think it's a great investment. It's particularly important that you have carbon monoxide detectors near where people sleep at night. The worst location for a carbon monoxide detector is in the box without a battery," he said. http://articles.cnn.com/2010-12-10/justice/missouri.family.dead_1_carbon-monoxide-heating-systems-detectors?s=PM:CRIME

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**EASY CHAMPAGNE CHICKEN**

**Ingredients**
- 4 boneless chicken breast halves
- 1/4 cup all-purpose flour for dusting
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 2 tablespoons olive oil
- 1 1/2 cups fresh sliced mushrooms
- 2 cups heavy cream
- 1 cup champagne.

**Directions**
- Lightly dust chicken breasts with flour and a little salt / pepper.
- In a large skillet, lightly brown chicken to a nice golden brown in olive oil. Once browned on both sides, add mushrooms and champagne. Cook over medium heat, champagne should boil a little for 1/2 hour. When chicken is tender, transfer to a platter.
- Pour cream into skillet. Simmer about 5 minutes until slightly thickened. Pour sauce over chicken breasts.

**VALENTINES FUN FACTS**

Chocolates are the signature of the day, and the first ever themed chocolates for Valentines were invented by Richard Cadbury in 1880. From then on, the product became popular and the fame has not let up. In those years, doctors actually prescribed these chocolates for people without love in their lives to calm them down.

In Europe, people recognized February 14 as a day that birds chose their partners to mate.

In Italy and Britain, young girls would wake up on Valentine's morning and stand by their window. They believed that the first young man that walked by would marry them in a period not longer than a year.