



# CITY OF ST. PAUL

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## RESPONSE TO SUSPECTED CARBON MONOXIDE INCIDENT

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### Occupant Response

- a. Always call 911 if you have symptoms of CO poisoning.
- b. Always call 911 if the CO detector alarm is sounding.

* * Symptoms of Carbon Monoxide Poisoning * *
Headaches Nausea Dizziness Shortness of Breath Confusion

### \* Effects of Various Carbon Monoxide Levels \*

Carbon Monoxide Level in PPM	Resulting Condition/Effect on Humans
9	The maximum allowable concentration for short term exposure in a living area according to the American Society of Heating, Refrigeration, and Air Conditioning Engineers (ASHRAE).
35	Permissible exposure level for an 8-hour period according to federal law.
200	Slight headache, fatigue, dizziness, nausea in 2 to 3 hours.
400	Headache and nausea after 1 to 2 hours. Life threatens after 3 hours.
800	Headache, dizziness, convulsions, and nausea in 45 minutes. Collapse and possibly death in 2 hours.
1,600	Headache, dizziness, and nausea in 20 minutes. Collapse and possibly death in 1 hour.
3,200	Headache, nausea, and dizziness in 5 to 10 minutes. Unconsciousness and danger of death in 30 minutes.
6,400	Headache, nausea and dizziness in 1 to 2 minutes. Unconsciousness and danger of death in 10 to 15 minutes.
12,800	Immediate effect unconsciousness. Danger of death in 1 to 3 minutes.