



# NEWSLETTER



## NEW YEAR, NEW YOU. MAKE A RESOLUTION TO BE PREPARED IN 2025

Each year, the City of LA Emergency Management Department (EMD) strives to keep Angelenos safe and prepared for the smallest emergencies to the largest disasters. From our EMD family to yours, we wish you a prosperous year full of health and happiness. Get prepared with LA EMD by visiting [ready.lacity.gov](http://ready.lacity.gov).

*Cheers to 2025!*



## Tips for Home Heating Fire Prevention

Always plug space heaters directly into an outlet, and make sure its cord isn't damaged or frayed.

Keep anything that can burn at least three feet from all heat sources including fireplaces, wood stoves, radiators, portable heaters or candles.

**NEVER** use an oven to heat your home.

Maintain heating equipment and chimneys by having them cleaned and inspected each year by a professional.

Visit the [U.S. Fire Administration Home Fires page](http://U.S. Fire Administration Home Fires page) to learn about how to prepare for and prevent home fires including tips for individuals with disabilities and older adults.



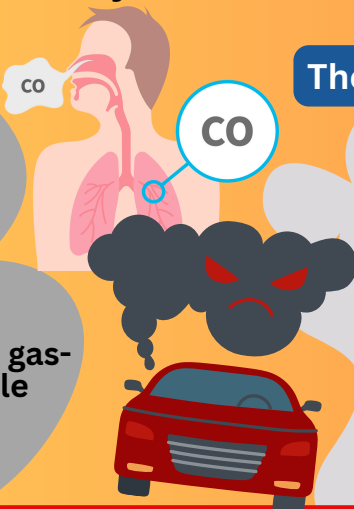
# Carbon Monoxide (CO) Poisoning

When temperatures get cold in LA, do you keep warm by using portable heaters or a fireplace? It is extremely important to learn how to stay safe from carbon monoxide poisoning.

## What is carbon monoxide poisoning?

Carbon monoxide (CO) is an odorless, colorless gas that kills without warning. It claims the lives of hundreds of people every year and makes thousands more ill.

Many household items including gas- and oil-burning furnaces, portable generators, and charcoal grills produce this poison gas.



## The most common symptoms of CO poisoning are:

- headache
- dizziness
- weakness
- upset stomach
- vomiting
- chest pain
- confusion



CO symptoms are often described as “flu-like.” If you breathe in a lot of CO, it can make you pass out or kill you. People who are sleeping can die from CO poisoning before they have symptoms.

## Reducing Risk

CO is found in fumes produced any time you burn fuel in cars or trucks, small engines, stoves, lanterns, grills, fireplaces, gas ranges, or furnaces. CO can build up indoors and poison people and animals who breathe it. However, you can reduce your risk of CO poisoning with a few small steps.

### Carbon Monoxide Detector

Because carbon monoxide is slightly lighter than air and also because it may be found with warm, rising air, detectors should be placed on a wall about 5 feet above the floor in every room in the home and all of the following areas:

- Outside of each bedroom or sleeping area.
- Inside an attached garage.
- On every floor, including the basement.
- At least 10 ft from the garage door leading to your home.
- You should also place a sensor in the room above the garage.
- At least 15 ft away from gas-burning appliances, like fireplaces or stoves. (These items already put off trace amounts of CO and could cause a false alarm.)
- If you are only getting one carbon monoxide alarm, make sure it's near a sleeping area and loud enough to wake everyone in the house.



What should you do if your carbon monoxide detector sounds an alarm?

If your CO detector sounds, you should immediately open windows and doors to allow fresh air inside and turn off any fuel-burning appliances. Then, grab your family and pets and leave the dwelling. Once you're outside and safe, call the fire department.

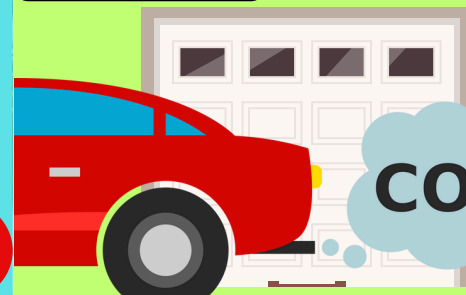
If anyone in your family is sick or experiencing CO poisoning symptoms, take them to an emergency room or call 9-1-1.



### Automobiles

A small leak in the exhaust system can lead to a buildup of CO inside the car. Make sure to have your car or truck's exhaust system inspected by a mechanic every year.

Never run your car or truck inside a garage that is attached to a house, even with the garage door open. Always open the door to a detached garage to let in fresh air when you run a car or truck inside.



LEARN MORE AT [HTTPS://WWW.CDC.GOV/CARBON-MONOXIDE/ABOUT/](https://www.cdc.gov/carbon-monoxide/about/)