



# Reduce Carbon Monoxide Exposure

Carbon monoxide (CO) is produced by the incomplete burning of fuel. According to the Centers for Disease Control and Prevention, this colorless, odorless gas is responsible for 20,000+ emergency center visits and 500 deaths in America each year.

## WHAT ARE CO POISONING SYMPTOMS?

Your body responds soon after you inhale high levels of CO. The poisonous gas travels through your bloodstream replacing the oxygen molecules. Without oxygen, your brain and heart cannot function properly.

CO poisoning mimics flu-like symptoms including headache, fatigue, nausea, dizziness, confusion and breathing difficulty. Higher concentrations of CO can cause vomiting, loss of consciousness, brain damage and sometimes death.

## COMMON FUEL-BURNING ITEMS THAT EMIT CO

### Indoor



### Outdoor



## CO SAFETY TIPS

1. Have a licensed professional inspect your fuel-burning appliances before every heating season. Make sure the appliances are running properly and are correctly vented to the outside of your home.
2. Install carbon monoxide detectors outside every sleeping area of your home.
3. Routinely test the CO detectors (once a month) and replace batteries if necessary.
4. Do not idle a car in a garage, even when the garage door is open. Back the car into the driveway if necessary.
5. Only use gas and other types of grills outdoors.
6. Never heat your home with a gas oven.
7. Never run gas-powered equipment, such as a generator, in an enclosed space.
8. Purchase appliances that have been tested and labeled by an independent testing laboratory.
9. Act quickly if you suspect CO poisoning. Leave your home immediately and seek medical attention.

## CO Fact

CO poisoning can be caused by faulty appliances or lack of air movement. For example, a furnace may be operating properly but if the flue is blocked or defective, CO can vent into your home and kill you.

gas up  
the stove

## Fluff

- 1 small box of white chocolate pudding
- 16 oz. pineapple, undrained
- 16 oz. mandarin oranges, drained
- 8 oz. vanilla yogurt
- 8 oz. whipped topping



Mix dry pudding with can of pineapple. Add oranges, then yogurt. Lastly, fold in Cool Whip. Refrigerate at least 1 hour to set. Enjoy!

Recipe submitted by Sharon Hampton of East Point.

Featured recipes are not independently tested so, we must depend on the accuracy of the cooks sending them. Always use safe food handling, preparation and cooking procedures from the recognized experts.

**Send us your recipes! The best entry each month will appear in the Gasette and receive a free cookbook.**

Send recipe, name, address to:

Walton Gas; Attn: Recipe  
P.O. Box 260  
Monroe, GA 30655  
or [gasette@waltonemc.com](mailto:gasette@waltonemc.com)

## Georgia Proud!

Georgia Proud bamboo cutting boards can be purchased for \$15 by visiting the Monroe, Watkinsville or Snellville payment office.

Order over the phone and have it shipped for \$20 by dialing 770.267.2505.



## Energy Saving Resources

Who doesn't want to lower their energy bill? Check out the websites below to learn how to stretch your energy dollars.

[www.EnergySavers.coop/waltonemcgas](http://www.EnergySavers.coop/waltonemcgas)

This website is exclusively for Walton Gas customers. Find products for energy management, weatherization, lighting, water conservation and much more.



[www.EnergyStar.gov](http://www.EnergyStar.gov)

ENERGY STAR is a U.S. Environmental Protection Agency (EPA) program that helps businesses and individuals save money and protect our climate through superior energy efficiency.

[www.Energy.gov](http://www.Energy.gov)

Energy Saver is the U.S. Department of Energy's (DOE) consumer resource on saving energy and using renewable energy technologies at home.



**ENERGY SAVING TIP:** Surge protectors with switching technology can reduce your electric bill. This unique surge protector automatically switches devices on and off and uses less than one watt of power when fully energized. Purchase through Walton Gas at: [www.EnergySavers.coop/waltonemcgas](http://www.EnergySavers.coop/waltonemcgas)

GEORGIA PROUD  
**Walton GAS**

Toll Free **866-WEMCGAS** (936-2427)  
or **770-267-2505**

**Front Counter Hours**  
Weekdays, 8 AM to 5 PM

**Call Center Hours**  
Weekdays, 7 AM to 7 PM

**Monroe** 842 US Hwy. 78 NW

**Snellville** 3645 Lenora Church Rd.

**Watkinsville** 2061-D Hog Mountain Rd.

Allen Powers  
*Director of Gas Operations*

Philip Peters  
*Commercial Accounts Only*

Savannah Chandler, MCC  
*Communications Coordinator*

Greg Brooks, MCC  
*Community and Public Relations Director*

**Call Atlanta Gas Light to report gas leaks or emergencies anytime.**

**Inside Metro Atlanta** 770-907-4231

**Outside Metro Atlanta** 877-427-4321

[walgas.com](http://walgas.com)