



# CARBON MONOXIDE: THE SILENT KILLER

Poisonous Gas is a  
Hidden Danger for Travelers



Advisory from the NJ Poison Control Center



**Warning:** Carbon monoxide (CO) poisoning can cause sudden illness and death in any season. Heating appliances and other equipment that burn carbon-based fuel, such as gas or wood, are a common source of accidental CO poisoning at lodging and rental facilities.

1-800-222-1222



**New  
Jersey  
Poison  
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Sadly, it's not uncommon to hear of the tragic deaths of travelers caused by accidental carbon monoxide poisoning (CO). In a [recent incident](#), two Americans vacationing in Mexico died in their hotel room from suspected CO poisoning.

Accidental CO-related illness and death from faulty or improperly vented fuel-powered heaters, appliances, and other equipment can occur anywhere — private homes, guest houses, commercial facilities (resorts, hotels, motels, inns), and residential-type rentals/Airbnb (condos, apartments, guest rooms, hostels).





**CO poisoning gives no warning, you can't see, smell, hear, or taste it. Dangerous levels of CO can build up quickly in spaces, poisoning anyone breathing in the fumes, including pets.**

**Although many people die each year from accidental carbon monoxide poisoning, more visit emergency rooms/departments for CO-related illness.**

**“Carbon monoxide poisoning is a hidden danger commonly overlooked, especially in warm-weather months.**

**Diane Calello**  
Executive and Medical Director  
[NJ Poison Control Center](#)  
[Rutgers New Jersey Medical School](#)

**1-800-222-1222**



Pool heaters at lodging and rental facilities are a common source of carbon monoxide poisoning. This gas is impossible to detect without working CO detectors. When making reservations, ask about the facility's carbon monoxide detector policy. To prevent CO poisoning, detectors should be installed inside facilities and rental properties.



“This poisonous gas is invisible, so you don't realize you're breathing in the deadly fumes.”

If CO detectors are not installed, consider staying at another lodging or rental facility. Also consider bringing a personal CO monitor/detector with you when traveling. These personal monitoring devices are often worn by firefighters and emergency medical service professionals to prevent CO poisoning.



“Poisoning from carbon monoxide is hard to recognize, which is why it can often be misdiagnosed.

If feeling sick, it’s important to pay careful attention to the signs and symptoms you may be feeling.

**Diane Calello**

Symptoms of carbon monoxide poisoning may include headache, dizziness, weakness, tiredness, upset stomach, vomiting, chest pain, and confusion.

Early symptoms of CO poisoning can be confused with symptoms of viral infections (the common cold, flu, and COVID-19), food poisoning, motion sickness, and anxiety.



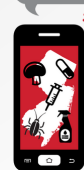


**CO poisoning is a medical emergency that requires you to act quickly.**

Carbon monoxide poisoning should be seriously considered if your symptoms improve when you leave the pool area or room, or if others around you, including [pets](#), experience similar symptoms.

If you're feeling sick, everyone including pets should leave the area immediately and get medical help.

1-800-222-1222



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# Did You Know?

If a person or pet has come in contact with carbon monoxide, follow these steps and get help right away.

1

If a person is not breathing or hard to wake up, get them out of the area and call 9-1-1. If a pet was exposed to CO, contact a veterinarian or animal hospital.

2

Get out of the area immediately. The longer you breathe in poisonous fumes, the more severe the health effects.

3

Contact the local fire department or emergency medical services. If staying at lodging facility, contact the front desk.

4

If you're staying in a U.S. state or territory, call the local poison control center at 800-222-1222 for immediate, medical treatment advice. Do not waste time "Googling" what to do.





# Get Free Medical Help 1-800-222-1222

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Medical specialists are available to provide information, answer questions, and provide emergency support 24 hours a day

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Anyone can call for medical help – children, teens, and adults

[NJPoisonCenter.org](https://www.njpoisoncenter.org)

**NJ Poison Control Center** is a medical resource for both the public and healthcare providers.

If you think someone came in contact with something dangerous, contact your local poison control center immediately.

Call the NJ Poison Control Center at 1-800-222-1222 or [Chat Here](#)

If someone is not breathing, hard to wake up, or having a seizure, call 9-1-1