

Carbon Monoxide: A Silent Killer (*Interview Transcripts*)

Lauren Petoskey, Family Medicine PA, OSF HealthCare

“With carbon monoxide poisoning what happens is that you breathe it in and it has a higher affinity for the red blood cells, and then that does not allow the oxygen to be transported to your muscles and the rest of your organ systems appropriately.” (:15)

Lauren Petoskey, Family Medicine PA, OSF HealthCare

“They are very general signs and symptoms – fatigue, headache, some people experience dizziness, and prolonged exposure or overexposure can cause confusion, syncope or passing out, and can even lead to death.” (:17)

Lauren Petoskey, Family Medicine PA, OSF HealthCare

“If a baby is exposed there may be even more general symptoms, like a bit more fussiness or not eating as well. So it’s a little bit harder to pick up on if you have an infant.” (:10)

Lauren Petoskey, Family Medicine PA, OSF HealthCare

“Because the symptoms are very general, that’s what makes the diagnosis difficult. If you have a known exposure – say there was a car that was running and it wasn’t a very well-ventilated area or you have a gas heater in the house and you have concern that it may be faulty – those would be higher risk factors. And if you are having the associated symptoms, that’s when I would recommend that you seek medical attention.” (:29)

Lauren Petoskey, Family Medicine PA, OSF HealthCare

“The main stay of treatment is get away from the carbon monoxide. Get outside and get far away from the house or building that you’re in. Take some nice, big deep breaths of oxygen. What they would do at the hospital is put oxygen on. So getting away from the exposure and taking some deep breaths of regular air would be helpful.” (:20)