

# The DPH Bulletin

From the Delaware Division of Public Health

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## Heat homes cautiously to avoid carbon monoxide poisoning

Carbon monoxide is a colorless, odorless gas produced by appliances that burn gas, oil, or coal. Carbon monoxide gas can build up in home, garage, or camper furnaces from vehicles, snow blowers, portable generators, stoves, lanterns, gas ranges, and charcoal or wood grills.

“Each year, more than 400 Americans die from unintentional carbon monoxide poisoning, more than 20,000 visit the emergency room, and over 4,000 are hospitalized,” said Ming Lau, DPM, environmental health toxicologist at the Division of Public Health (DPH). Symptoms include feeling



dizzy, light-headed, or nauseous. To prevent carbon

monoxide poisoning, DPH recommends:

- Purchasing and installing a reliable battery-operated carbon monoxide detector
- Never heating your house with a gas oven
- Having a qualified technician service your heating system, water heater, and other fuel-burning appliances
- Never using a generator, charcoal grill, camp stove, or other gasoline or charcoal-burning device inside your home, basement, or garage or outdoors less than 20 feet from a window, door, or vent
- Never running a vehicle inside an attached garage, even if the garage door is open

For more information, visit:

<http://www.dhss.delaware.gov/dph/hsp/hhinsideco.html>.



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health  
Office of Health and Risk Communications



## Give the gift of physical activity

Increasing physical activity reduces the risk for chronic diseases (obesity, diabetes, cardiovascular disease, and certain cancers) and

improves mental health and wellness. Children especially need to lead physically active lifestyles. Select presents that encourage movement.

DPH suggests these gifts for a healthy New Year:

- Pedometer, fitness tracker bracelet, water bottle, ear buds, and music gift card
- Hat, ear warmers, mittens or gloves, winter work-out jacket, shirt, and leggings; athletic footwear and socks
- Delaware State Parks annual pass
- Bicycle and helmet, and cycling gear
- Sports balls and equipment
- Bowling and roller-skating gift certificates
- Registration fee for a sports league, dance classes, or fitness classes
- Adjustable jump rope, work-out mat, towel, small weights, and resistance cord kit
- Kettlebell or pull-up bar

## Protect pets from frigid winter weather

Remember the comfort of your pets before winter's icy blast. Outdoor dogs and cats need a warm house with a flap and a bedding of cedar chips or straw. Bring animals indoors when it's cold or damp, very windy, or if temperatures dip below freezing.



Pets braving the elements need non-freezable water and appreciate warmed food. Provide extra calories to help outdoor animals stay warm.

In winter, dogs need paw protection. Use a paw balm or purchase dog boots to prevent cracked or sore pads; a dog suffering from these conditions will lick the bottom of his paws often. Wipe paws after walks along salted sidewalks, driveways, and roads.

To report cruelty, call the Office of Animal Welfare (OAW) at 302-255-4646. More animal welfare information can be found at

<http://dhss.delaware.gov/dhss/dph/oaw/oawhome.html>.