

## *Inhaled Poisons: Carbon Monoxide + Chlorine*

<b>CARBON MONOXIDE (CO)</b>	<b>CHLORINE</b>
<ul style="list-style-type: none"> <li>▪ Colorless, odorless, tasteless gas</li> <li>▪ <b>Has a stronger affinity for hemoglobin than oxygen</b> → severe hypoxia!</li> </ul> <p><u>Exposure:</u> inhaling smoke from a fire, exhaust from cars, or leaks from appliances</p> <p><u>S/Sx of Exposure:</u> headache, confusion, nausea, cherry red skin + mucous membranes, shortness of breath, dizziness</p> <ul style="list-style-type: none"> <li>▪ Severe exposure: dysrhythmias, death</li> </ul> <p><b>** CAUTION pulse oximeters may be deceiving and appear normal **</b></p> <p><u>Treatment:</u> <b>treated w/ high flow 100% O2 via a non-rebreather (even if a pulse oximetry does not show hypoxia)</b>, may need hyperbaric oxygen therapy</p> <p><u>Prevention:</u> install CO detectors/ensure they are working , never leave cars running in an enclosed garage, routinely check appliances for gas leaks</p>	<ul style="list-style-type: none"> <li>▪ Yellow-green gas, with a pungent + irritating odor (easier to suspect)</li> <li>▪ Not systemically absorbed but can cause airway and alveolar irritation</li> </ul> <p><u>Exposure:</u> household bleach mixed with other cleaning agents, inhaling chlorine from pool water</p> <p><u>S/Sx of Exposure:</u> burning + irritation to the eyes, nose, and throat, coughing and shortness of breath</p> <ul style="list-style-type: none"> <li>▪ Severe exposure: respiratory distress</li> </ul> <p><u>Treatment:</u> <b>supplemental humidified oxygen</b> and bronchodilator treatment if bronchospasm is present</p> <p><u>Prevention:</u> exit the area if exposed to chlorine, do not mix household cleaners, do not inhale pool water, and keep household cleaners out of reach to children</p>

*\*\* Call 911 or poison control immediately and remove yourself from the area if exposure to chlorine or carbon monoxide is suspected! \*\**