

Many CO alarms are approaching expiration

Thanks to The Lofgren and Zander Memorial Act of 2010 (House Bill 3450), Oregonians have been protected by the bill's expansion in the scope of carbon monoxide (CO) protection throughout the state.

This groundbreaking bill phased in requirements for CO alarm installation in residential properties, beginning with rental properties in 2010, and expanding to new single- and multi-family dwellings, as well as existing dwellings upon sale or transfer, in 2011.

Since then, Oregon has led the country in protecting its residents from the dangers of this invisible, odorless and potentially fatal gas, with dozens of other states following suit. However, alarms don't last forever, and seven years implementation of HB 3450 it's time to re-place CO alarms as they approach expiration.

Known as the "silent killer," CO is a colorless and odorless gas that is impossible to detect without a sensing device.

According to the Journal of the American Medical Association, CO poisoning is a leading cause of accidental poisoning in the United States and is responsible for an average of 450 deaths each year. Any fuel-burning appliance, including heaters, fireplaces, furnaces, appliances and cooking sources using coal, wood, or petroleum products, are all potential sources of CO.

It's critical to have appliances inspected by certified licensed technicians, assure that loved ones are educated on the dangers of carbon monoxide, and develop a family escape plan in the event of a CO emergency.

CO poisoning can cause symptoms such as nausea, headaches, dizziness, chest pain and vomiting that

mimic those of many other illnesses, making it difficult to diagnose. In severe poisoning cases, victims can experience disorientation, unconsciousness, long-term neurological disabilities, cardiorespiratory failure or death.

While alarm lifespans may vary by model and manufacturer, back in 2011, a properly maintained CO alarm had a lifespan of approximately five to seven years. Therefore, CO alarms installed when Oregon's CO law fully came into effect are likely now due for replacement.

In addition to replacing CO alarms as they reach expiration, here are some tips and tools for keeping yourself and loved ones safer from the dangers of carbon monoxide:

Important Safety Steps

- Install alarms. CO alarms are the only way to detect this poisonous gas. The National Fire Protection Association (NFPA) recommends installing alarms on every level of the home and near each sleeping area for maximum protection.
- Also make sure the alarms are installed at least 15 feet away from sources of CO to reduce the possibility of nuisance alarms. It is also im-

portant to test alarms monthly and change batteries every six months, unless the alarm is powered by a sealed, 10-year battery.

- Test alarms regularly. All First Alert alarms are equipped with a test/silence button for easy testing.

- Never use generators indoors. In the case of a power outage, portable electric generators must be used outside only (at least 15 feet from your home). Never use them inside the home, in a garage or in any confined area that can allow CO to collect.

And, be careful to follow operating instructions closely. Also, refrain from using charcoal grills, camp stoves and other similar devices indoors.

- Be mindful of the garage. Never leave a vehicle running inside an attached garage, even if the door is open, it is hazardous, as CO can leak into the home.

- Have fuel-burning appliances inspected regularly. Arrange for a professional inspection of all fuel-burning appliances (such as furnaces, stoves, fireplaces, clothes dryers, water heaters and space heaters) annually.

- Plan Your Escape — To develop an effective escape plan,

walk through your home and inspect all possible exits and escape routes.

Identify two ways out of each room, including windows and doors. Practice your home emergency escape plan at least twice a year and make sure to plan a meeting spot. That way, if there is an emergency, everyone knows where to meet.

- Call 911. If an alarm sounds, leave the home immediately and move to fresh air. Then call 911 and do not go back into the home until the home is inspected and cleared.

For more information on fire and carbon monoxide safety, visit www.firstalert.com.

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HOPE U.M.C.
131 W "A" St. Drain, OR
541-315-1617
Pastor: Lura Kidner-Miesen
Fellowship & Song: 11:30am
Potluck Lunch: 12:00pm
Worship: 12:30pm

COTTAGE GROVE:
6th & Gibbs Church of Christ
195 N. 6th St. • 541-942-3822
Pastor: Aaron Earlywine
Summer Service: 9:30 am
Christian Education:
Pre-K through 5th
www.6thandgibbs.com

Calvary Baptist Church
77873 S 6th St • 541-942-4290
Pastor: Riley Hendricks
Sunday School: 9:45am
Worship: 11:00am
The Journey: Sunday 5:00pm
Praying Thru Life: Wednesday 6:00pm

Calvary Chapel Cottage Grove
1447 Hwy 99 (Village Plaza)
541-942-6842
Pastor: Jeff Smith
Two Services on Sun:
9am & 10:45am
Youth Group Bible Study
Child Care 10:45am Service Only
www.cgcalvary.org

Center for Spiritual Living
700 Gibbs Ave. (Community Center)
Rev. Bobby Lee
Meets Sunday 3:00 p.m.
cslcottagegrove@gmail.com

Church of Christ
420 Monroe St • 541-942-8565
Sunday Service: 10:30am

Cottage Grove Bible Church
1200 East Quincy Avenue
541-942-4771
Pastor: Bob Singer
Worship 11am
Sunday School: 9:45am
AWANA age 3-8th Grade,
Wednesdays Sept-May, 6:30pm
www.cgbible.org

Cottage Grove Faith Center
33761 Row River Rd.
541-942-4851
Lead Pastor: Kevin Pruett
www.cg4.tv
Full Children's Ministry available
Service: 10:00am

Delight Valley
Church of Christ
33087 Saginaw Rd. East
541-942-7711
Pastor: Bob Friend
Two Services:
9am - Classic in the Chapel
10:30am - Contemporary in the
Auditorium

First Baptist Church
301 S. 6th st • 541-942-8242
Interim Pastor: Reed Webster
Sunday School 9:30am
Worship Service 11:00am
Youth Wednesday 6:30pm
cgfirstbaptist.com

First Presbyterian Church
3rd and Adams St
541-942-4479
Pastor: Karen Hill
Worship: 10:00am
Sunday School: 10:00am
www.cgpresbynews.com

Hope In The Grove
700 E. Gibbs • 401-855-5668
Pastor: Wayne Husk
Sunday services:
Worship: 9am
Coffee Fellowship: 10:15am
Bible Study: 10:30am

Hope Fellowship
United Pentecostal Church
100 S. Gateway Blvd.
541-942-2061
Pastor: Dave Bragg
Worship: 11:00am Sunday
Bible Study: 7:00pm Wednesday
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541-942-8928
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Sunday Worship: 10:50am & 5:30pm
www.pennoyeravecoc.com

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541-942-3420
Father: Joseph Hung Nguyen
Holy Mass:
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Sun: 10:30am
Confession: After daily mass,
Sat. 4-5pm or by appointment
St. Philip Benizi, Creswell
552 Holbrook Lane
541-895-8686, Sunday: 8:30am

St. Andrews Episcopal Church
1301 W. Main • 541-767-9050
Rev. Lawrence Crumb
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820 South 10th Street
541-942-5213
Pastor: Kevin Miller
Bible Study: Saturday, 9:15 am
Worship Service: Saturday, 10:40
Mid-week Service: Wednesday, 1:00

Trinity Lutheran Church
6th & Quincy • 541-942-2373
Pastor: James L. Markus
Sunday School & Adult Education
9:15am
Sunday Worship 10:30 am
Comm. Kitchen Free Meal Tue & Thur
5:00pm TLC Groups
tlccg.com

United Methodist Church
334 Washington • 541-942-3033
Pastor: Lura Kidner-Miesen
Worship: 10:30am
Comm. Dinner (Adults \$5,
Kids Free)
1st & 3rd Monday 5-6:00pm
umcgrove.org

"VICTORY" Country Church
913 S. 6th Street • 541-942-5913
Pastor: Barbara Dockery
Worship Service: 10:00am
Message: "WE BELIEVE IN
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Sunday Worship Service 10:30 am
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