

How to tell CO poisoning from the flu

Do you know how to tell the difference between carbon monoxide (CO) poisoning and the flu? The answer to this and other questions about preventing carbon monoxide poisoning can be found in a new fact sheet developed by the U.S. Environmental Protection Agency (EPA).

Symptoms could be the result of CO poisoning when you feel better when you are away from home or the symptoms occur or get worse shortly after turning on a fuel-burning device or running a vehicle in an attached garage.

Carbon monoxide, an odorless and colorless gas, is the most common cause of poisoning death in the United States.

Unintentional CO poisonings are responsible for about 500 deaths and 15,000 visits to the emergency room each year. Carbon monoxide poisoning can be prevented by installing a carbon monoxide alarm, yet less than one third of homes have them installed.

Everyone is at risk of being poisoned by CO exposure. Older adults with health conditions such as chronic heart disease, anemia or respiratory problems are even more susceptible. Devices that produce CO include cars, boats, gasoline engines, stoves and heating systems. CO from these sources can build up in enclosed or semi-enclosed spaces.

The letters I CAN B provide

an easy way to remember how you can prevent CO poisoning:

- Install CO alarms near sleeping areas.
- Check heating systems and fuel-burning appliances annually.
- Avoid the use of non-vented combustion appliances.
- Never burn fuels indoors except in devices such as stoves or furnaces that are made for safe use.
- Be attentive to possible symptoms of CO poisoning.

More information on preventing carbon monoxide poisoning: <http://www.epa.gov/aging/resources/factsheets/pcmp/index.htm>.

Got those winter blues?

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sional.

But for most of us it's just a minor inconvenience and, fortunately, one that you can do something about.

Since the shorter days and lack of sunlight in winter play a role in bringing on winter blues, the obvious cure is to increase the amount of light in your life. If it's a bright, sunny day, bundle up and get outside for a bit. If it's gray and dreary, try turning on extra lights to brighten things up and use broad spectrum bulbs that simulate natural sunlight.

Exercise also helps fight those tired feelings of winter. Just a short daily walk or gym workout can help your body and mind overcome those feelings of no energy.

Even little things can make a difference. When you're feeling down, give a friend a call and talk about happy things. Watch a favorite funny TV show or movie. Read a book that you

know you'll enjoy, or spend some time on a hobby that makes you feel good.

Getting involved with others is another way to feel better. From fun socializing to volunteering at your church, a local shelter or nonprofit agency, get out more. Helping others almost always brings better feelings, and when you combine that good work with a nice bright smile, you may find you just don't have time for feeling blue.

Of course, there are many things that can cause depression besides cold, gray skies. If you find that you can't overcome those blue feelings, and if such feelings are interfering with your enjoyment of a normal life, seek help. Counseling professionals can both help pinpoint the cause of your feelings and suggest ways to combat that depression.

Bottom line? Take action and don't let the winter blues take the fun out of your life.

DEQ offers tips to help "Go green"

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conferencing technology.

- Carpool to meetings.
- Purchase alternative fuel fleet vehicles.
- Purchase carbon offsets for air travel.
- Replace older on-road (trucks, buses, etc.) and non-road (forklifts, generators, etc.) diesel engines with 2007 and newer models or retrofit them with particulate control devices.

Resources available include the following:

- Ecological Business Pro-

gram or EcoBiz information available at <http://www.ecobiz.org/>

- Energy Trust offers free assistance, information available at <http://www.energytrust.org/business/index.html>

- Diesel tax credit information available at <http://www.deq.state.or.us/aq/diesel/taxcred.it.htm>.

- Business Energy Tax Credit information available at <http://www.oregon.gov/ENERGY/CONS/BUS/BETC.shtml>.

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It's pet dental health month now

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More information, including a tutorial on how to brush your pet's teeth, can be found at petdental.com. Many veterinary clinics offer a discount on dental services during February - National Pet Dental month.

Find more pet health care tips at oregonvma.org.

The Oregon Veterinary Medical Association is a nonprofit organization of veterinarians who are dedicated to helping people give their animals a high quality of life.



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