

It's easy to stay safe from carbon monoxide

Fit a carbon monoxide alarm in here

Never take a barbecue in here

Always keep it outside

Never take a barbecue in your tent – it's not worth the risk!

Carbon monoxide can kill quickly and without any warning. Watch out for symptoms such as headaches, vomiting, dizziness and weakness.

This leaflet could save your life - please read it carefully

How to spot carbon monoxide CO poisoning

In smaller amounts CO poisoning can give symptoms similar to flu or food poisoning. Look out for **headaches, vomiting, dizziness** and **weakness**.

Please have a safe and enjoyable holiday and don't let CO wreck it. Understanding this leaflet and taking the right action is a small price to pay for peace of mind and could save your life or the lives of your loved ones.

Never

take a barbecue into a tent, awning, caravan or motorhome. A warm, smouldering barbecue will give off poisonous CO, which can kill.

Never

place a lit barbecue near the sleeping area outside your tent.

! You cannot smell, taste or detect CO. It could affect you without any warning.

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