

## WHAT DOES A CARBON MONOXIDE DETECTOR DO AND HOW DOES IT WORK?

**It** might seem like a time-saver to run your car in the garage before a long commute, especially on a cold winter's morning. But the emissions from your vehicle can fill your garage with carbon monoxide (CO)—a dangerous, silent threat—even if the garage door is open.

Carbon monoxide is a **colorless, odorless, and poisonous gas** that claims over 430 lives a year. It's a byproduct of burning carbon fuel like the natural gas in your stove and the gasoline in your car. **Even small doses** of carbon monoxide can cause permanent damage or death.

### What is carbon monoxide?

Carbon monoxide gas (CO gas) is a simple molecule: one part carbon and one part oxygen. Carbon monoxide comes when carbon fuel—like wood, gasoline, coal, propane, natural gas, and heating oil—fails to burn completely (incomplete combustion).

These energy sources aren't dangerous when you burn them in an open area with plenty of ventilation. But carbon monoxide is **hazardous in confined spaces**—like basements, kitchens, garages, or campers.

Carbon monoxide is hard to detect without a sensor, which is one of the reasons it's so dangerous.

### When will my carbon monoxide detector go off?

The CO alarm sounds if your sensor detects a buildup of carbon monoxide in your home—usually **before you start sensing symptoms**. With a low CO level (50 ppm), it may take up to eight hours for the alarm to go off. Higher carbon monoxide levels (over 150 ppm) can trigger an alarm within minutes.

**Act quickly when an alarm sounds** because low doses over long periods can be just as dangerous as sudden carbon monoxide exposure in ultra-high doses.

### How can I prevent carbon monoxide poisoning?

Carbon monoxide poisoning is a serious risk, but fortunately, it's preventable. Stop CO sources and be prepared.

Here are five carbon monoxide safety tips for avoiding exposure, including installing CO sensors throughout your home:



- **Never heat your home with a gas range.** Gas stoves produce carbon monoxide and can fill your home with dangerous gas.
- **Don't run your car in the garage.** Pull out of the garage first if you want to warm up your vehicle in the winter. Carbon monoxide is a common byproduct of vehicle exhaust and builds up quickly in a closed (or even open) garage.
- **Always have proper ventilation.** It's extremely dangerous to run gas-powered tools (like generators, space heaters, and pressure washers) in an enclosed area like a basement or garage without adequate ventilation.
- **Practice cooking safety while camping.** You should enjoy the wilderness safely. Don't use a charcoal grill, hibachi, or camping stove inside your home, tent, or camper. Besides, open flames and fabric tents don't tend to get along.
- **Install a carbon monoxide detector.** The best carbon monoxide detectors are affordable, easy to install, and can save your life. We recommend installing one on every level of your home, near each bedroom and garage, to test the air quality.

### How much CO does it take to make me feel sick?

Most people begin to feel the effects of carbon monoxide exposure at 70 ppm. This is why it's important to have CO detectors since lower levels don't bring obvious symptoms.

By John Carlsen

Senior Staff Writer, Security & Smart Home

**Recipe**  
DIRECTIONS

# Winter Night Soup

## Ingredients:

1 can black-eyed peas	¼ tsp. oregano
½ cup chopped bell pepper	¼ tsp. rosemary
¼ cup chopped onion	1 lb. smoked sausage
¼ tsp. garlic powder	1 cup grated cheddar cheese
¼ tsp. black pepper	

## Directions

Sauté onion, bell pepper, and sausage until onions and peppers are tender. Add garlic powder, black pepper, oregano, rosemary, peas and simmer for 30 minutes. Prior to serving, sprinkle grated cheese on top. Serve with hot corn bread on a cold winter night.

# IT'S NOT TOO LATE!

It's not too late to get assistance paying your gas bill! Low Income Energy Assistance Program (LIEAP) is a state and federally-funded program that helps people pay home heating bills November through May. The program is open to homeowners and renters. It helps cover the costs of electricity, natural gas, propane, wood, diesel heating oil, coal and pellets when these are used for heating a home. The deadline for submitting applications for LIEAP is February 28, 2023. Applications can be found online at [www.dfsweb.wyo.gov](http://www.dfsweb.wyo.gov) or at your local Department of Family Services Office. To have an application mailed to you, call 1-800-246-4221.



Wyoming Gas would like to wish all continued success in the coming year.



# COMMUNITY CALENDAR

**Every Tuesday and Thursday** – Thermopolis – **Yoga Class.** 10:00 AM and 5:00 PM MST 11 30 Arapahoe Street. Instructor: Darcy Axtell (307) 921-0605, \$5 per class.

**January 1** – Thermopolis – **1st Day Hike for Hot Springs State Park.** Meet at the parking lot at the Thermopolis Golf Course Pro Shop to hike the newly opened connecting trail between T Hill and Roundtop 11:00 AM.

**January 9** – Thermopolis – **Blood Drive.** 2:00 PM - 6:00 PM MST Call Melene at 240-1414 to make an appointment at Senior Center.

**January 12** – Thermopolis – **Dinner & A Movie.** 6:00 PM - 7:30 PM MST Come and enjoy Dinner and A Movie at the HSC Library, 344 Arapahoe St. Contact Information 307.864.3104.

**January 17** – Thermopolis – **Wyoming Workforce Services.** 10:00 AM - 3:30 PM at the HSC Library. The Riverton Workforce Center, local office of the Wyoming Department of Workforce Services, is resuming a monthly itinerant office in Thermopolis at the Hot Springs County Library. Do you need help in putting together a resume? Need help in creating a cover letter to go with your resume or application? Need help with your username or password to log into wyomingatwork.com? How about assistance in navigating the website for your job search? Do you have questions about training opportunities and eligibility requirements for potential assistance in funding that training? Do you need help to file for Wyoming Unemployment benefits, or have questions regarding your Wyoming Unemployment claim? You can get assistance from the Wyoming Dept. of Workforce Services representative at the Hot Springs County Library on the 3rd Tuesday of every month, from 10:00 am until noon and 1:00 until 3:30 pm. The Riverton office of the Department of Workforce Services is also available by phone, weekdays from 8 am to 4 pm. at 307-856-9231, or on our website at [wyomingworkforce.org](http://wyomingworkforce.org) and also [wyomingatwork.com](http://wyomingatwork.com)

**January 18** – Worland – **Demystifying Cyber Attacks Training.** Washakie County Fairgrounds Wednesday, 8:00 AM - 5:00 PM Presented by Washakie County Emergency Management, FEEMA & TEEX

**Reminder:** We use this section for our local communities. The messages must be non-partisan and non-religious. Non-Profit organization messages will be given preference. Please send the information to [customerservice@wyogas.com](mailto:customerservice@wyogas.com) before the 10th of the month to make the following month edition. Thank you.

“For last year’s words belong to last year’s language, and next year’s words await another voice.” - T.S. Elliot



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