

HEALTH & WELLNESS

Carbon Monoxide Poisoning

By PJ Martin

Editor

The Herald-News

Bad weather sometimes leads to power outages and people turn to portable generators, propane gas stoves, and gas ovens used as heat sources indoors. These items can all lead to carbon monoxide poisoning if safety precautions are not taken.

Carbon monoxide (CO) is an odorless, invisible gas produced when gasoline, natural gas, propane, kerosene, and other fuels are not completely burned during use. When too much carbon monoxide is in the air, the body replaces the oxygen in the red blood cells as we breathe in the carbon monoxide which then builds up in the blood. This can lead to serious tissue damage or even death.

The telltale symptoms of CO poisoning are:
Headache
Dizziness
Confusion
Fatigue
Nausea
Vomiting
Chest Pain
Blurred Vision
Shortness of Breath

Loss of Muscle Control
According to the CDC, "Carbon monoxide symptoms are often described as 'flu-like'."

CO poisoning can be reversed if caught in time, but acute poisoning may result in permanent damage to the heart and brain. The OSHA permissible exposure limit (PEL) for CO is 50 parts per million (ppm) averaged during 8 hours; however, The National Institute for Occupational Safety and Health (NIOSH) has established a recommended exposure limit (REL) for carbon monoxide of 35 ppm for 8-hour. A detector will alert at 30 – 70 ppm.

Most CO deaths occur in the colder months of the year, with more than half of the deaths occurring during the four coldest months November through February.

Carbon monoxide is also flammable and will burn as it has a flashpoint of -311.8 degrees Fahrenheit (-191 Celsius). This means it can catch fire at very low temperatures, well below freezing. If vaporized into a space it can ignite extremely easily with something as small as static electricity.

Safety tips from the CDC to avoid carbon-monoxide poisoning include:

- Install a battery-operated carbon monoxide detector near every sleeping

area in your home and replace the battery when you change the time on your clocks each spring and fall.

- Replace the carbon monoxide detectors every five years.
- Don't use a generator, charcoal grill, camp stove, or other gasoline or charcoal-burning device inside your home, basement, or garage.
- Don't run a car or truck inside a garage attached to your house, even if you leave the door open.
- Don't burn anything in a stove or fireplace that isn't properly vented. Have your chimney checked and cleaned yearly.
- Don't heat your house with a gas oven.

If you have the symptoms listed above and believe you have been exposed to high levels of carbon monoxide:

- Seek immediate medical attention.
- Immediately leave the area where you were exposed.

Sources of carbon monoxide in the home include:

- Poorly functioning heating systems
- Gas water heaters
- Fuel-burning devices with no vents (EX: kerosene heaters, charcoal grills, camping stoves, and gasoline-powered

electrical generators)
•Motor vehicles

If a power outage occurs, here are some tips for using portable generators.

- Follow instructions for portable generators to avoid mishandling. Follow labels, instructions, and warnings on the generator and in the owner's manual.
- Never operate a portable generator inside a home, garage, basement, or any enclosed space even if you have doors and windows open.
- Never use a portable generator in a carport where CO can accumulate.
- Place a portable generator outside at least 20 feet from the building.
- Look for portable generators that have a CO shut-off safety feature. This safety feature automatically

shuts off the generator when high levels of CO are detected around the generator.

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MASTER COMMISSIONER'S SALE

BY VIRTUE OF A DECREE AND ORDER OF SALE OF THE EDMONSON CIRCUIT COURT, the Master Commissioner will sell at public auction the real property in the following actions on **Thursday, January 30, 2025**, about the hour of **10:00 a.m.**, outside the **Edmonson County Courthouse, Brownsville, Kentucky**. Said property shall be sold to collect the amounts hereinafter set forth, together with interest and the costs of the action, and upon the following terms and conditions (unless otherwise stated).

- The purchasers will be required to pay ten percent (10%) down the day of sale in the form of cash or personal check and post bond on the remainder with the balance due in thirty (30) days. Pursuant to KRS 426.705 the bond shall bear interest at the rate the Judgment bears, until paid in full. It is the intention of the office of the Master Commissioner to close within thirty (30) days, but if a holiday falls within the thirty days, or if there are other circumstances beyond our control, the closing may take extra time. The buyer should be aware that they have the option to pay the balance to stop the interest from accruing or the interest will accrue on the unpaid balance.
- The property is sold subject to the following:
 - State, county, city, and school taxes payable for the entire year of 2025 and all taxes due thereafter.
 - Easements, restrictions, and covenants of record.
 - Assessments for public improvements levied against the property.
 - Any facts which an inspection or accurate survey of the property may disclose.
- The property shall otherwise be sold free and clear of any and all right, title, and interest of all parties to this action and of their liens and encumbrances thereon except such right of redemption as may exist in favor of the United States of America or the defendants. **Also, the Master Commissioner does not obtain a title search or investigate for further liens on the properties listed below nor conduct or authorize a survey of the property. The purchaser is responsible for title searches and/or any additional liens not named in the Judgment and Order of Sale and for the results of any good and accurate survey of the property.**
- For a more particular description of these properties, refer to the file on record at the Edmonson Circuit Clerk's Office. Deeds and Wills referenced are of record in the Office of the Edmonson County Court Clerk.
- The Master Commissioner does not have access to the properties listed below and therefore makes no representation or warranty of any kind as to the conditions of these properties.

SALE No. 1
JAMES H. FLENER VS. THE LEONARD E. WYATT SR., et al. pending in the Judgment and Order of Sale in Edmonson Circuit Court, Div. I, 23-CI-149, to collect \$5,227.86, interest at a rate of 12% per annum until paid.
460 Sunset Harbor, Cub Run
Map Code: 062-10-00-461.00
Zachary Craddock-Vocke, Attorney for Plaintiff

SALE No. 2
PENNYMAC LOAN SERVICES, LLC VS. BRENDA VINCENT, et al. pending in the Judgment and Order of Sale in Edmonson Circuit Court, Div. II, 24-CI-41, to collect \$84,198.54, interest at a rate of 3.375% per annum until paid.
422 New Grove Rd.
Map Code: 051-70-00-001.00
Katherine D. Carpenter, Attorney for Plaintiff

SALE No. 3
MID SOUTH CAPITAL PARTNERS, LP VS. LORI VINCENT, et al. pending in the Judgment and Order of Sale in Edmonson Circuit Court, Div. I, 23-CI-83, to collect \$15,166.46, interest at a rate of 6% per annum until paid.
1457 Sunfish Bee Springs Rd.
Map Code: 028-00-00-036.01
Hunter Jones, Attorney for Plaintiff

SALE No. 4
KENTUCKY HOUSING CORPORATION VS. NATHAN C. CORNWELL, et al. pending in the Judgment and Order of Sale in Edmonson Circuit Court, Div. I, 24-CI-72, to collect \$253,428.26, interest at a rate of 6.25% per annum until paid.
2061 Brownsville Rd.
Map Code: 049-00-00-038.02
Septimious Taylor, Attorney for Plaintiff

SALE No. 5
BANK OF EDMONSON COUNTY VS. JAQUAR D. MASTERS; NEWREZ LLC D/B/A SHELLPOINT MORTGAGE SERVICING et al. pending in the Judgment and Order of Sale in Edmonson Circuit Court, Div. II, 24-CI-127, to collect \$252,525.00 interest at a rate of 6% per annum until paid.
140 Morgantown Rd., Brownsville
Map Code: 030-00-00-115.00
Timothy E. Bridgeman, Attorney for Plaintiff

DAVID F. BRODERICK, MASTER COMMISSIONER

SYMPTOMS OF CARBON MONOXIDE POISONING

EARLY WARNING SIGNS

Headache, Dizziness, Weakness or Fatigue, Shortness of Breath during Mild Exertion

CONTINUED EXPOSURE MAY CAUSE:

Nausea and Vomiting, Confusion, Fainting, Blurred Vision, Chest Pain

WAYNE ALARM

