**Protect yourself and your family this winter
Leave BBQs and outdoor heaters outside**

As the days and nights get colder, NSW Health is reminding people to never use outdoor heaters or BBQs inside their home.

Outdoor heaters and BBQs make carbon monoxide, a poisonous gas you can’t see, taste, or smell.

When it’s inside your home, carbon monoxide gas can kill without warning. You may not know you’re breathing it until it is too late.

Common symptoms of carbon monoxide poisoning include headache, nausea, vomiting, dizziness and weakness. People with more severe poisoning may faint or lose consciousness, and in some instances, suffer permanent brain injury or death.

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If you think someone has carbon monoxide poisoning, call the Poisons Information Centre on 13 11 26 for advice 24/7. In an emergency, call Triple Zero (000).

More information and resources are available on the NSW Health website at [www.health.nsw.gov.au/COpoisoning](http://www.health.nsw.gov.au/COpoisoning).