

# Identifying the 'Silent Killer'

## Protect Your Family from the Dangers of Carbon Monoxide

It's silent, deadly, and lurks in the home while your family sleeps. Dubbed the "silent killer," carbon monoxide kills 500 people and sends 20,000 more to the hospital each year.

Because it is odorless and colorless, people can be exposed to the poison without even knowing it. However, carbon monoxide poisoning is avoidable and preventable if the necessary safety measures are taken. Underwriters Laboratories, a product safety certification organization, recommends a three-part strategy to help consumers protect themselves and their loved ones from the poisonous gas: inspect, protect, and detect.

### Inspect

■ Fuel-burning appliances such as furnaces, hot water heaters, and stoves require yearly maintenance. Over time, components can become damaged or deteriorate.

### Protect

- Purchase and install carbon monoxide alarms outside each sleeping area.
- Test and replace the battery in your alarm at least once a year. If your alarm is wired directly into your home's electrical system, you should test it monthly. If your unit operates off of a battery, test the alarm monthly and replace the battery at least once a year.
- Know the signs of potential poisoning. Carbon monoxide poisoning may be the cause of flu-like symptoms such as headaches, tightness of chest, dizziness, fatigue, confusion, and breathing difficulties. Because it often causes a



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victim's blood pressure to rise, the victim's skin may take on a pink or red cast.

### Detect

- If your alarm goes off, get out quickly and safely! Practice a safety escape plan with your family so everyone knows how to react. If your alarm sounds, evacuate the building and call the fire department, not Rock Energy Cooperative. If you or your loved ones experience symptoms — headache, dizziness, or other flu-like symptoms — seek medical attention immediately. When you return home, be sure to open windows and doors for ventilation. Then, call a qualified technician to inspect your appliances.

## Rebates available for energy-efficiency upgrades

Rock Energy members who live in Illinois are eligible for rebates of up to \$1,500 when they make specific energy efficiency improvements to their homes.

### How much are the rebates?\*

Geothermal heat pumps	\$1,500
Air-source heat pumps	\$1,000
Central air conditioning	\$350
Natural gas or LP furnace	\$350
Heat pump water heater	\$250
Insulation/air sealing	\$500 maximum, 30% of project cost

\*Rebates will be approved for only one piece of heating or cooling equipment

### How does the program work?

1. Call Rock Energy at (866) 752-4550 to arrange an energy assessment, which is required to qualify for the rebates. Appointments will be scheduled between

8 a.m. and 2 p.m. A \$25 fee will be collected at the time of the in-home assessment.

2. You will receive recommendations about how to improve your home's energy efficiency, performance, and comfort.
3. Decide what work will be completed and submit a proposal form and cost estimate to us. We will return a signed copy, stating that funds have been set aside for you.
4. Work must be completed within 60 days.
5. Send us a completion form with copies of your receipts.
6. We will issue a check to you.

If you have questions about the program, call our office at (866) 752-4550 between 7:30 a.m. and 4 p.m. Monday through Friday. You also can visit [www.rock.coop](http://www.rock.coop) and click on the Home logo.

