

**CO Exposure/Poisoning**

Approval: Troy M. Falck, MD – Medical Director

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Approval: John Poland – Executive Director

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- Initial symptoms of CO exposure are insidious, similar to the flu and thus seemingly benign. These symptoms increase in severity as the SpCO level rises & may include one or more of the following:
 - Confusion
 - Dizziness/vertigo
 - Headache
 - Shortness of breath
 - Nausea/vomiting
 - Fatigue
 - Syncope
 - Confusion
 - Tachycardia
 - Cardiac arrhythmias
 - Seizures
 - Shock
 - Coma
 - Apnea
- SpO2 readings may appear normal or falsely elevated in the presence of CO. Utilize clinical findings & history as indicators of hypoxia.
- CO poisoning may result in cardiac rhythm disturbances &/or myocardial ischemia.

BLS

- Remove pt from CO exposure source
- Assess V/S
- High flow O₂
- Measure SpCO if CO-Oximeter available
 - SpCO 0 to 3% – Normal
 - SpCO 3 to 12% – Abnormal
 - SpCO >12% – Significantly abnormal

ALS

- Continuous cardiac & ETCO₂ monitoring
- Perform 12-lead EKG
 - Refer to appropriate cardiac protocol for management of cardiac related issues