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HEALTH DEPARTMENT  
NEWS RELEASE



**FOR IMMEDIATE RELEASE**

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**Daylight Savings Time Ends Sunday –  
Change Batteries in Smoke and Carbon Monoxide Detectors**

GRAND RAPIDS – Sunday, November 4, 2011, marks the end of Daylight Savings Time –Be sure to set your clocks back one hour, and change the batteries in your carbon monoxide detectors and smoke alarms as well!

According to the Centers for Disease Control and Prevention (CDC), there were about 384,000 home fires in the United States in 2011, killing 2,640 people and injuring 13,350. It is estimated that 4 out of 10 home fire deaths occurred in homes without working smoke alarms.

Every year, thousands of people nationwide become ill from a danger that they don't even realize exists in their homes: carbon monoxide (CO). Warning signs of carbon monoxide poisoning include headache, nausea, vomiting, dizziness, drowsiness, and confusion. CO is an odorless, colorless, and tasteless gas that is produced by burning fossil fuels, such as natural gas, coal, oil and kerosene. Too much exposure can be deadly: CO poisoning kills more than 500 people a year nationwide, including 26 people from Michigan in 2011.

“There are steps you can take to protect yourself and your family from fire, smoke inhalation and carbon monoxide poisoning,” said Cathy Raevsky, Administrative Health Officer for the Kent County Health Department. “Changing the batteries and making sure your device is working well can save you and your family in an emergency.” At least one CO detector should be near the sleeping area of the home. Smoke detectors should be placed on each level of the home, outside sleeping areas as well as inside bedrooms. Some manufacturers make dual smoke/CO detectors.

In 2010, Michigan's carbon monoxide poisoning tracking system determined 986 people became ill from unintentional CO poisoning. For more information about carbon monoxide poisoning and poisoning prevention, visit <http://www.michigan.gov/carbonmonoxide>. The CDC offers great information about fire prevention at <http://www.cdc.gov/Features/FirePrevention>.

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KCHD has been in the business of providing health services to Kent County since 1931. The Health Department is home to nearly 260 employees including public health nurses, sanitarians, health educators, technicians, public health administrators, and specialized staff at the Kent County Animal Shelter. The Health Department operates one main clinic and four satellite clinics located in Wyoming, Kentwood, Rockford, and Grand Rapids. To learn more about KCHD services, visit [www.accesskent.com/health](http://www.accesskent.com/health).

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