



## FOR IMMEDIATE RELEASE

### Change Your Clock – Change Your Battery

Kent, Wash – November 3, 2017 – This Sunday we go back to Standard Time and move our clocks back one hour, beginning at 2:00 am.

Your firefighters recommend that when you change your clocks, that you also change the batteries in your smoke and carbon monoxide (CO) alarms. These batteries either power these life-saving devices or keep them running during power outages.

While you're changing the batteries, also take the time to vacuum them out. The alarms collect dust in them that can block smoke from entering the device and activating it during a fire.

Remember that smoke and CO alarms have a life expectancy of approximately 10 years. If yours are that old, or you're not sure how old they are, replace them and write the purchase date on the inside of the alarm.

When you install smoke and CO alarms, be sure to read the instructions on where to put them and always make sure that the alarms you buy have an Underwriters Laboratory seal of approval.

Who should have a CO alarm? Anyone with a carbon monoxide producing devices such as vehicles, a fire place or wood burning stove, BBQ, or gas-powered furnace or generator.

What are the signs and symptoms of carbon monoxide poisoning?

- Headaches, dizziness, or lightheadedness
- Nausea and vomiting
- Shortness of breath
- Loss of consciousness

If you think that CO has entered your home or your CO alarm activates, evacuate and call 9-1-1 immediately.

Alarming Facts:

- More homes have non-working smoke alarms than those without alarms at all
- Nearly half of all smoke alarms don't work due to missing or dead batteries
- CO is an invisible, odorless, and tasteless gas that blocks your ability to absorb oxygen
- It takes less than 100 parts per million of CO in air to make ill
- CO poisoning resembles flu-like symptoms

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