



# Natural Gas Matters

IDEAS AND INSIGHTS FROM YOUR NATURAL GAS SERVICE PROVIDER



**OKLAHOMA  
NATURAL GAS**

A DIVISION OF ONEOK

## Prevent Carbon Monoxide

Natural gas is a safe, clean and energy-efficient way to heat your home or business. But it's important to make sure that all fuel-burning heaters and appliances are working properly to prevent the creation of carbon monoxide.

### What is carbon monoxide?

Carbon monoxide, sometimes called "CO," is an odorless, colorless and tasteless gas that can make you sick and, under some circumstances, may be deadly. Carbon monoxide is created when fuel does not burn completely. Sources may include improperly vented or malfunctioning appliances, auto exhaust and blocked chimney flues.

Be alert to the possibility that carbon monoxide may be present if you see black soot around vents, flues, furnace filters or appliance-burner access points. A yellow flame instead of a blue flame on appliance burners is another warning sign.

Carbon monoxide poisoning may be easily mistaken for other illnesses. Symptoms may include headache, dizziness, ringing in the ears, fatigue, increased perspiration, nausea, weakness and vomiting.

If you suspect carbon monoxide, leave immediately and use a phone located elsewhere to call 911.



### Prevent carbon monoxide exposure:

- Install and maintain a carbon monoxide detector in accordance with manufacturer's instructions.
- Check and maintain proper ventilation of appliances and chimney flues.
- Clean or replace furnace filters regularly.
- Do not block air intake areas near appliances.
- Do not use a natural gas range or space heater to heat your home.
- Do not start your car, lawn mower or any combustion engine in a closed garage.
- Do not operate a natural gas or propane grill in an enclosed area.
- Notice the color of the flame on a natural gas appliance. A yellow flame instead of a blue one is a warning sign that the appliance is not operating or vented properly.
- Have a qualified contractor inspect your heating and cooling equipment annually.



## Need to Replace Your Range?

The Oklahoma Natural Gas Energy-Efficiency Program now offers up to **\$200** in rebates for the purchase and installation of a freestanding, all natural gas range. Cooktops and combination natural gas and electric ranges do not qualify. Visit [www.oklahomanaturalgas.com/rebates](http://www.oklahomanaturalgas.com/rebates) for more information.

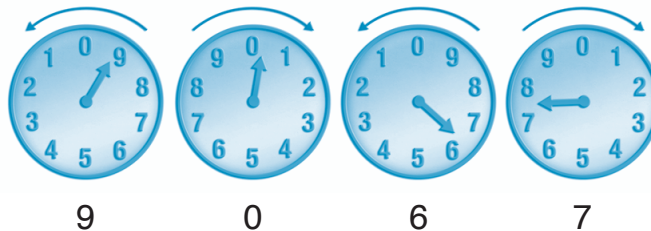


## How to Read Your Meter

Learn how to read your natural gas meter. It's easy; simply follow these three easy steps:

1. Read each dial in the direction of the arrow, starting with the dial on the left.
2. Notice the numbers are in a clockwise position on some dials and in a counterclockwise position on others.
3. Record the last number the needle has passed, even if the needle has almost reached the next highest number.

Use this illustration to test your meter-reading skills.



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## Quick Chicken Gumbo

### Ingredients:

2 tbsp. butter  
 1 small onion, chopped  
 1 green bell pepper, chopped  
 2 (14 oz.) cans chicken broth  
 1 cup mild picante sauce  
 1 cup frozen corn  
 2 cups nonfat sour cream  
 4 boneless skinless chicken breasts, cooked and shredded  
 4 cups hot cooked rice

### Directions:

Melt the butter in a large saucepan over a low natural gas flame. Add onion and green pepper; sauté until tender. Add broth, picante sauce and corn. Simmer for 5 minutes. Place sour cream in a bowl and gradually stir in 1 cup of the hot broth. Add the sour cream mixture to the soup and stir until combined. Add chicken and simmer 5 to 8 minutes or until heated through. Divide rice among 6 soup bowls. Ladle the hot soup over the rice. Makes 6 servings.

**Amount per serving:** Calories: 311; Fat: 4.5 g.; Sodium: 850 mg.; Carbohydrates: 54 g.; Protein: 11 g.

