



Natural Gas Matters

IDEAS AND INSIGHTS FROM YOUR NATURAL GAS SERVICE PROVIDER



**OKLAHOMA
NATURAL GAS**

A DIVISION OF ONEOK

Carbon Monoxide: What You Need to Know

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 even cause death. 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 another illness. 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.
- Don't block air intake areas near appliances.
- Don't use a natural gas range or space heater to heat your home.
- Don't start your car, lawn mower or any combustion engine in a closed garage.
- Don't 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.



Enjoy the Comfort of a Natural Gas Fireplace

A natural gas fireplace provides all the warmth, comfort and ambiance of a traditional wood-burning fireplace without the mess. It's clean, efficient and easy to use, without the worry of ashes or embers that could potentially damage carpets or furniture.



Existing masonry wood-burning fireplaces with chimneys in good working condition can be easily retrofitted with a natural gas fireplace "insert" or natural gas logs. Natural gas fireplaces can provide heating, even when power is interrupted.

So, when the winter weather leaves you feeling cold, warm up with the comfort of a natural gas fireplace.



Cajun Shrimp Etoufee

Ingredients:

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| 1/2 C margarine | 1 4 oz. can tomato paste |
| 1 1/2 C chopped onion | 1 T Worcestershire sauce |
| 1/2 cup chopped bell pepper | 2 lbs peeled, deveined shrimp |
| 1/2 cup chopped celery | 1 t salt |
| 1 garlic clove, minced | 1/2 t pepper |
| 1 T flour | 1/2 to 1 t red pepper sauce |
| 1/2 C water | Cooked rice |

Directions:

Melt margarine in a skillet over a medium flame. Add onion, bell pepper, celery and garlic and cook until tender. Combine flour and water in a bowl and mix well; add tomato paste and Worcestershire sauce and blend well. Add tomato mixture to vegetables and cook for 15 minutes, stirring constantly. Add shrimp, salt and pepper and cook for 15 minutes, stirring occasionally. Add hot red pepper sauce, mix well and cook 5 minutes longer. Serve over hot, cooked rice.

6 servings

