



Flu Symptoms But No Sniffles? Carbon Monoxide Poisoning Is a Killer

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UNITED STATES COAST GUARD AUXILIARY



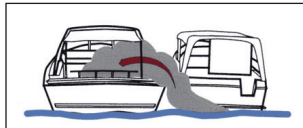
Most of us have heard of a tragic story of some poor soul giving it all up by ending their life in the garage. Close the door, start the car and wait for a precious few moments. For many of us, that is all the thinking we ever do about carbon monoxide poisoning – which can be fatal (see SSP, “Silent and Odorless – A Killer”). Of all the dangers that the mariner confronts, carbon monoxide poisoning is perhaps the most dangerous since it is odorless, colorless and tasteless. Unarmed, you will never see it coming. Given its dangers, please read on.



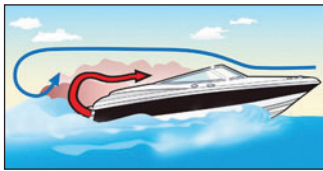
What Creates Carbon Monoxide?

Burning hydrocarbons, plain and simple. Diesel, gasoline, propane – all are hydrocarbons and carbon monoxide (CO) is a natural by-product of burning them. You cannot tune your engine not to create CO. You can create CO-safe environments around and in your boat but you cannot defy the laws of chemistry.

Your engine doesn't even have to be the one that is on. Your neighbor at the dock has his generator on to power the A/C and TV – and his exhaust is wafting into your cabin.



Also, it could be your engine but you think that you are immune because you haven't enclosed your cockpit. You have only enclosed the windshield and side panel areas, leaving the aft wide open... well, called the “station wagon effect”, an area that is enclosed on 3 sides creates a vacuum behind it as it pushes ahead – and it is sucking CO into the “cup” it has created.



You are in that cup... Even more tragic are the circumstances where (young?) boaters engage in “teak surfing”...

And the smell of it isn't what is killing you. What you smell is unburned hydrocarbons. What you can't smell is CO...

What is it and how do you know you are succumbing to it?

Carbon monoxide (CO) kills you by attaching itself to your blood cells in a way that keeps your blood from picking up fresh oxygen as it passes through your lungs. You essentially suffocate slowly while surrounded by air. Little by little, the CO hitches a ride on your blood cells until there are no seats left on the life-sustaining bus (your blood) for the oxygen to sit. As it happens, you start to get headaches, muscle aches, excessive fatigue and nausea. As I tell my seamanship students, “If you are starting to feel like you are coming down with the flu, but you don't have the sniffles, get out of there! You may be dying of CO poisoning!”

What do you do now!

Say you enter your cruiser, and you find a crew man lying unconscious on the sole of the cabin. The manual actually says that you are first to try to isolate the source of the fumes, extinguish them and proceed to get your mate to fresh air (to start the cleansing cycle of kicking the CO's out of their seats and replacing them with O's!)

Here is where I am coming from. This strategy could cause two people to die from CO poisoning, not one. IF you know that the only source of CO poisoning is YOUR engine, and you can kill it in a virtual flash, do it – or get out of there immediately and run



for help! If you have to play Sherlock Holmes looking for clues, you are playing with your life. Remember, it could be your slip-mate's engine that is polluting your air. Also, the cabin has built up some degree of CO concentration. It may be a deadly amount and you don't have a chemistry kit in your pocket. You are gambling with your life.

You certainly can [1] grab a lungful of fresh air from outside, hold your breath and [2] try to drag the person out of the cabin. If you can't, [3] drop them and run for help. If you can get them out, but they are not breathing, give them artificial respiration (sometimes called CPR) and scream for help between breaths!

How to prevent it?

One, create fresh air paths that keep the station wagon effect from overtaking you from behind. Don't form that cup – crack a window somewhere and create a jet-stream through your boat. Just be aware that running on a “slow bell” may still create an opportunity for CO to build up in your cockpit. Two, put carbon monoxide detectors in ALL enclosed spaces, especially sleeping quarters. These devices can be battery-operated and are readily available. \$29.95 at places like Home Depot, Wal-Mart, the internet, etc... There are models that can be tied directly into your battery system like a bilge pump – never fails unless the battery itself is dead.

I've heard these devices. They can wake the dead. Almost. Be aware. Be safe. Always prepared – semper paratus...!

* slow bell is putting just enough way on to maintain bare steerage. Back drafting can occur under such conditions – and you'll never smell it.

BTW, if you are interested in being part of USCG Forces, email me at JoinUSCGAux@aol.com or go direct to the D1SR Human Resources department, who are in charge of new members matters, at DSO-HR and we will help you “get in this thing...”

Tides for Moriches Inlet starting with July 10, 2013

Day	High/Low	Tide Time	Height Feet	Sunrise/Sunset	Moon Time	% Moon Visible
Wed. 10	Low	2:56 AM	0.1	5:29 AM	Rise 7:48 AM	2
10	High	9:07 AM	2.9	8:24 PM	Set 9:31 PM	
10	Low	2:54 PM	0.3			
10	High	9:02 PM	3.2			
Thur. 11	Low	3:31 AM	0.1	5:30 AM	Rise 8:47 AM	5
11	High	9:46 AM	2.9	8:23 PM	Set 10:01 PM	
11	Low	3:32 PM	0.4			
11	High	9:37 PM	3.1			
Fri. 12	Low	4:04 AM	0.2	5:30 AM	Rise 9:46 AM	11
12	High	10:26 AM	2.9	8:23 PM	Set 10:30 PM	
12	Low	4:10 PM	0.4			
12	High	10:16 PM	3.0			
Sat. 13	Low	4:36 AM	0.2	5:31 AM	Rise 10:47 AM	18
13	High	11:07 AM	2.9	8:22 PM	Set 10:59 PM	
13	Low	4:50 PM	0.5			
13	High	11:00 PM	3.0			
Sun. 14	Low	5:11 AM	0.2	5:32 AM	Rise 11:49 AM	26
14	High	11:51 AM	3.0	8:22 PM	Set 11:29 PM	
14	Low	5:39 PM	0.5			
14	High	11:49 PM	2.9			
Mon. 15	Low	5:54 AM	0.3	5:33 AM	Rise 12:52 PM	36
15	High	12:38 PM	3.0	8:21 PM		
15	Low	6:42 PM	0.6			
Tue. 16	High	12:43 AM	2.9	5:34 AM	Set 12:03 AM	46
16	Low	6:52 AM	0.3	8:20 PM	Rise 1:58 PM	
16	High	1:30 PM	3.2			
16	Low	7:56 PM	0.5			

Weather Forecast E Moriches, NY (11940)

Today	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu
Jul 9	Jul 10	Jul 11	Jul 12	Jul 13	Jul 14	Jul 15	Jul 16	Jul 17	Jul 18
Isolated T-Storms 83°F 72°F	Isolated T-Storms 81°F 74°F	Scattered T-Storms 81°F 69°F	AM Clouds / PM Sun 81°F 67°F	Partly Cloudy 80°F 67°F	Mostly Sunny 82°F 69°F	Partly Cloudy 84°F 71°F	Partly Cloudy 84°F 71°F	Partly Cloudy 83°F 71°F	Sunny 83°F 70°F
Wind Speed & Direction									
9mph SSW	15mph S	11mph SW	8mph NE	7mph ENE	7mph S	9mph SW	10mph SW	9mph SW	9mph SW



by TONY SALERNO

FISHING WITH TONY

KIDS SPECIAL OLYMPICS ON TAP FOR THIS WEEKEND

The 6th Annual Fluke Rodeo is slated for this coming Saturday, July 13 from 7 a.m. to 4 p.m. The tournament is hosted by the New York State Council Knights of Columbus, The Fisherman Magazine and Marine Max Marina in Lindenhurst. This fundraiser charities Special Olympics New York and Send a Kid fishing programs for the mentally challenged and poverty stricken kids to a chance at a day of happiness from their stressed out lives.

This is a fluke only fishing tournament with a sign-up fee of \$20 for adults and \$10 for juniors 15 years and under. Sign-up at any participating agent must be completed prior to the tournament start time. Each participant may enter a maximum of two (2) Fluke with fishing permitted in bay and ocean bounded by Debbs/Jones Inlet & Shinnecock Inlet. Fishing is permitted from private, party, charter boats, boat rentals, public accessible piers, docks and beaches. Photos and Weigh-in will be at Marine Max Marina located at 846 S. Wellwood Ave, Lindenhurst between 4 and 5 p.m. The sign-up fee includes a BBQ from 4 to 6 p.m. at the marina where each participant will also receive an event t-shirt and a fisherman's goodie bag of assorted fishing items. Awards, Chinese auction and raffles start at 5 p.m. For those land lubbers that would prefer not to fish but would like to get in on the fun, admission of \$10 per person includes all you can eat barbeque and soft drinks. For more information you can contact Stan at 631-580-1018 or Cosimo at 631-338-705.

The Junior Division Prizes are a trophy, rod, and reel and tackle box for 1st place, a trophy, rod and reel for 2nd place. Estimated prize list based on a minimum of 200 entries is \$ 800 for 1st, plus a \$200 assortment of fishing tackle, lures and trophy. 2nd place receives \$400, plus a \$100 assortment of fishing tackle, lures and trophy while 3rd place finishes with \$200 plus a \$75 assortment of fishing tackle, lures and trophy. Fourth and fifth place will also be awarded cash and prizes. Sign-up must be before the 7 a.m. start time on Saturday with the following participating sign-up agents: Marine Max Marina – 846 S. Wellwood Ave, Lindenhurst Bait & Tackle – 281 Montauk Highway, Lindenhurst, Captree Bait & Tackle and Fuel Dock – Captree State Park, Burnett's Bait & Tackle – 16 Bayview Ave, Bayshore, Saltwater's Tackle Inc. – 939 Montauk Hwy., W. Islip, J & J Tackle – 265 W. Main St., Patchogue, and Silly Lilly Fishing Station - 99 Adelaide Ave, East Moriches. This is a tournament of good cause, please try to support it.