**Tips for Using Natural Gas Safely In and Around Your Home**

**What to do if you Suspect a Gas Leak**

**Avoid sparks** – Do not turn on any lights or use the telephone. Avoid any open flames or other ignition sources. Do not start up or shut down motor vehicles or electrical equipment.

**Evacuate** – Ensure everyone leaves the home/building or area of the leak immediately.

**Call for help** – Use a telephone away from the home/building to call Citizens Gas at 924-3311. If the pipeline or utility company is not known, call 911 or your local fire, police or sheriff’s department and advise them of the nature of the situation.

**Abandon equipment** – Your personal safety should be your first concern.

**Don’t fight fire** – Do not attempt to extinguish a natural gas fire. Request firemen to observe and protect adjacent property.

**Don’t touch meter** – Do not attempt to operate the gas meter on your home or any pipeline valves. You may inadvertently make the situation worse.

**Please note**: There is no charge for calling the gas company to check for a gas leak.

Citizens Gas has implemented an Integrity Management program. This is a process of assessing and mitigating pipeline risks to reduce both the likelihood and consequence of incidents. To obtain a summary of our Integrity Management program or for additional information, visit our website at www.citizensgas.com.

**Home Heating Safety**

Citizens Gas urges all customers to have working smoke and carbon monoxide detectors on all levels of their home, and establish and practice a home evacuation plan with their family. We also recommend that every home have at least one dual sensor smoke alarm, which includes both ionization and photoelectric technology.

**Using Natural Gas Safely**

**Please Be Aware of the Following Signs of a Natural Gas Leak**

- Rotten egg smell or hydrocarbon odor
- Blowing or hissing sound
- Dust blowing from a hole in the ground
- Continuous bubbling in a wet or flooded area
- A spot of dead or discolored vegetation in an otherwise green area
- Abnormally dry or hard soil
- Flames, if leak is ignited

If you choose to use a space heater, please follow these safety tips.

- Read and follow the manufacturer’s operating instructions.
- Use space heaters that are tested and labeled by a nationally recognized testing lab.
- Keep space heaters away from combustible products to avoid fire.
- Indoor air pollution could be caused by improper venting or incomplete combustion.
- Carbon monoxide poisoning is caused by improper venting of fuel burning space heaters.
- Space heaters should have a guard around the flame or coil area to protect children and pets.
- Do not use space heaters overnight in bedrooms or any room where you may sleep.
Carbon Monoxide Safety

Carbon monoxide is a colorless, odorless, tasteless gas produced when fuels such as gasoline, fuel oil, propane, kerosene, natural gas, coal and wood do not have an adequate oxygen supply to burn completely. An estimated 10,000 people are treated annually nationwide for carbon monoxide poisoning – the most common cause being vehicle fumes.

Symptoms of Carbon Monoxide Poisoning

- Flu-like symptoms: nausea, dizziness, drowsiness, vomiting, confusion.
- In many cases, victims are aware they are not well, but become too disoriented to save themselves.
- Particularly vulnerable are pregnant women. Also: small children, senior citizens and people with heart or respiratory problems.

Carbon Monoxide Safety Tips

- Have professional annual inspections and cleanings of heating systems, vents, flues and chimneys.
- Occasionally conduct your own visual inspections. Look for improper connections, rust, stains or water build up.
- Never leave a car running in a garage.
- Never use gas or charcoal grills in an enclosed area.
- Install carbon monoxide alarms on every level of your home, especially near bedrooms. Alarms should meet requirements of the International Approval Services Standard. Alarms can be recognized by the blue star, AGA (American Gas Association) design on the package.
- If you suspect carbon monoxide, get fresh air and call 911.

Natural Gas Appliance Safety

To ensure safety and efficiency, have your furnace, water heater and other natural gas appliances inspected by a licensed technician once a year. Also, do not store flammable liquids, paint or other flammable materials near a furnace, stove or water heater. Keep the lint trap on your gas dryer clean and the exhaust hose clear.

Hot Water Safety

To avoid scalding hot water in the bathtub and sinks, keep your water heater set at a maximum of 120 degrees Fahrenheit. If you live in an apartment building, ask your landlord or property manager to check the building’s water heater. It’s also a great way to conserve energy.

Greek Chicken with Cranberry Balsamic Vinaigrette

From Chef Bill Pritt from Forty Five Degrees

Ingredients

- 1 Large Chicken Breast
- 1/4 cup Feta Cheese
- 1/4 cup Sun-Dried Tomatoes
- 2 ounces Spinach

Vinaigrette Ingredients

- 1 cup Balsamic Vinegar
- 3/4 cup Dried Cranberries
- 1/2 cup Water
- 1/3 cup Honey
- 2 cup Olive Oil
- Salt and Pepper to taste

Directions

Pre-heat your oven to 450 degrees. Pound out a large chicken breast until it’s about 1/4 inch thick. Combine 1/4 cup feta cheese, 1/4 cup sun-dried tomatoes, and 2 ounces of spinach in a mixing bowl. Place this mix in the center of the chicken breast and roll the breast around the mix tightly. Dip the rolled breast into a flour / water mix then roll in seasoned bread crumbs. Place in the oven and bake for 20 - 30 minutes or until fully cooked.

Cranberry Balsamic Dressing:

Combine ingredients except the oil in a blender. Add the oil slowly. Add water to thin the mix if it’s too thick. Pull the Greek Chicken out of the oven and slice into 1” thick pieces. Warm 1/2 cup of dressing on the stove and drizzle over the Greek Chicken.