

SMOKERLYZER

CARBON MONOXIDE CHECK

Adult		Adolescent/ Maternity	
COppm	%COHb	COppm	%FCOHb
30	5.43	20+	5.66
29	5.27	19	5.38
28	5.11	18	5.09
27	4.95	17	4.81
26	4.79	16	4.53
25	4.63	15	4.25
24	4.47	14	3.96
23	4.31	13	3.68
22	4.15	12	3.40
21	3.99	11	3.11
20	3.83	10	2.83
19	3.67	09	2.55
18	3.51	08	2.26
17	3.35	07	1.98
16	3.19	06	1.70
15	3.03	05	1.42
14	2.87	04	1.13
13	2.71	03	0.85
12	2.55	02	0.57
11	2.39	01	0.28
10	2.23		
09	2.07		
08	1.91		
07	1.75		
06	1.59		
05	1.43		
04	1.27		
03	1.11		
02	0.95		
01	0.79		

Having a reading in this zone indicates you may well be a **regular smoker** with higher levels of CO in your blood. Do not despair! Help is at hand and your stop smoking advisor can help you to give up smoking and reduce your reading down into the target "Green Zone"

Having a reading in this zone would indicate a **light Smoker** or a **non-smoker** breathing in poor air quality or passive smoke inhalation. Your stop smoking advisor will be able to advise on the best course of action to reduce this reading down to the target "Green Zone"

This is where you really need to be!

It means you have less than 1% Carbon Monoxide (CO) in your blood. Most people have a small amount of CO in their breath, this is due to the air quality around you.

Find out today
if the level of
carbon monoxide
in your body falls
into the:

GREEN, AMBER OR RED ZONE