

## Guide to Readings:

- **0-5ppm**                      **Non-smoker**  
CO readings are low but can vary due to a number of factors (e.g. second-hand smoke or pollution from exhaust fumes)
- **6-10ppm**                      **At risk**  
Smoker with low level of smoking or who has not smoked for a few hours
- **11-20ppm**                      **Smoker**  
A typical reading for a smoker. The loss of oxygen to the body makes a difference to everyday tasks. Level of CO in your blood will rise for each cigarette smoked and inhaled.
- **21-30ppm**                      **Regular smoker**  
Red blood cells are carrying a lot less oxygen than your body needs; your heart has to work harder with less oxygen to help.
- **31-50ppm**                      **Very heavy smoker**  
High level of CO in your blood resulting in a noticeable shortage of oxygen to your body's organs
- **51ppm or above**                      **Dangerous level**  
Contact your advisor.

## CO Monitoring Record Card

**Your Quit Date:**

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**4 weeks smokefree  
follow up date**

**12 weeks smokefree  
follow up date**

Name: \_\_\_\_\_

Advisor: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**Product:** P-Patch      G- Gum   L- Lozenge  
                 C- Champix      ML- Mini-Lozenge

Date	Weeks product used	Reading	Product	Taken by (Initials)

**Your Appointments**  
Venue:

Date	Day	Time