



## PATIENT INFORMATION

### You have elevated levels of Carbon Monoxide What does this mean?

Carbon Monoxide (CO) is the poisonous gas that is created from the process of combustion. Exposure to CO is potentially harmful to the health of your baby and you. Typically, the main source of carbon monoxide will be exposure to / inhalation of cigarette smoke either directly from smoking or by exposure to the smoke of others.

Faulty boilers & gas appliances as well as faulty car exhausts can also cause high levels of carbon monoxide and ***it is very important that you investigate & identify the source of any unexplained high readings***. For concerns about unexplained sources of CO call:

**GAS Safety Advice Line – 0800 300 363 or [www.britishgas.co.uk/safety](http://www.britishgas.co.uk/safety)**

#### What does my CO reading mean?

0 - 4 Normal / non smoker

Your CO  
reading :

ppm

- |        |  |
|--------|--|
| 5 – 6  | Typically indicates exposure to sources of Carbon Monoxide             |
| 7 – 10 | Typically indicates sustained exposure to Carbon Monoxide              |
| 10 +   | Typical of increased & sustained levels of exposure to Carbon Monoxide |
| 20 +   | Typical of high & sustained levels of exposure to Carbon Monoxide      |

Please contact your local service if you have any questions about your reading or you would like:

- information on how to access support near you
- advice on using products that can make quitting easier including E-cigarettes and Vaping products
- to book an appointment with a specialist adviser

**Torbay Specialist Stop Smoking  
Service**

**0300 456 1006**

**Support and advice to stop smoking as  
well as reducing harm from tobacco  
including quitting with E-cigarette &  
vaping products**

**Easy to access locations in  
Torquay, Paignton & Brixham (TQ 1-5)**



**Devon Specialist Stop Smoking  
Service**

**0800 298 2654**

**(Local rate 01392 908139)**

**Exeter  
South and West Devon  
East and Mid Devon  
North Devon**



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