WHAT IS A CO TEST? 🙄

CARBON MONOXIDE IS A POISONOUS GAS FOUND IN CIGARETTE SMOKE. YOU CAN'T SEE, SMELL OR TASTE IT.

A BREATH TEST SHOWS HOW MUCH CO YOU HAVE BEEN EXPOSED TO.

MY CO RESULT IS

20 AND ABOVE? HEAVY SMOKER
Consistent high levels cause long-term damage.

10-19? REGULAR SMOKER
Dangerous levels of CO in your blood and lungs.

5-9? LIGHT/PASSIVE SMOKER
CO levels are starting to harm you.

1-4? THIS IS WHERE YOU NEED TO BE
Less than 1% CO. This is normal, not harmful.

DID YOU KNOW?

YOU CAN REDUCE YOUR CO LEVELS BY HALF JUST 8 HOURS AFTER QUITTING SMOKING

THE BEST WAY TO QUIT SMOKING IS WITH FREE NHS HELP AND SUPPORT

HELPA FI I STOPIO - HELP ME QUIT

📞 Phone: **0800 085 2219**

💊 Request a call back online: **helpmequit.wales/quit-now**

📱 Text: **HMQ to 80818**

FOR MORE INFORMATION ABOUT HELP ME QUIT'S SERVICES VISIT:

HELPMEQUIT.WALES

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action on smoking and health

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Choose smokefree