

SMOKER? EXPOSED TO  
SECOND-HAND SMOKE?

ASK TODAY ABOUT  
YOUR FREE CO TEST!

WHAT  
IS CO?

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

THE  
TEST?

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

HOW  
DOES IT  
WORK?





YOU WILL BE ASKED TO HOLD  
YOUR BREATH THEN BLOW  
INTO A SMALL, HANDHELD  
DEVICE (CO MONITOR).



WHAT'S YOUR  
CO SCORE?

SCORE?

YOU'LL GET A SCORE FROM THE  
CO MONITOR. FIND OUT WHAT  
THE READINGS MEAN BELOW.

-  **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.

ASK TODAY ABOUT  
YOUR FREE CO TEST




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

DID YOU  
KNOW?

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

CONTACT HELP ME QUIT

HELPA FFI  
STOPIO  
HELP ME  
QUIT

-  Phone: 0800 085 2219
-  Visit: [helpmequit.wales](http://helpmequit.wales)
-  Text: HMQ to 80818

FIND OUT YOUR CO SCORE  
TODAY. ASK AT RECEPTION  
FOR YOUR FREE TEST!

ash wales  
cymru  
action on smoking and health

Pfizer

Remember that you can quit  
Choose smokefree