



SMOKER? EXPOSED TO SECOND-HAND SMOKE? **GET A FREE CO TEST**

CARBON MONOXIDE (CO) IS A **POISONOUS** GAS WHICH YOU **CAN'T SEE, SMELL OR TASTE**. IT AFFECTS THE LUNGS, HEART AND NERVOUS SYSTEM. **ASK AT RECEPTION** FOR YOUR FREE TEST TODAY!



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



Phone: 0800 085 2219



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