

YOUR SMOKING STORY

What's your carbon monoxide (CO) reading?

Adult	Pregnant person	Unborn bub
CO in lungs (PPM)		CO in blood (%FCOHB)
60+	60+	5.66
50	40	4.25
30	30	
30	20	2.83
20	15	
15	10	1.70
10	6	
5	3	0.85
0	0	
0	0	0.00

DANGEROUSLY HIGH LEVEL SMOKER

These dangerously high levels are usually seen in people who smoke one to two packs a day. A lot of damage is being done to your body and you are more at risk of developing health diseases like cancer.

GOOD NEWS:

It's never too late to manage your smoking behaviours and there's support available to help reduce your carbon monoxide reading.

HIGH LEVEL SMOKER

These levels indicate that you are a frequent smoker. This means that your red blood cells are carrying less oxygen than your brain, heart, lungs, and other organs need.

GOOD NEWS:

We can help you manage your smoking story.

NON SMOKER

Congratulations on not smoking! We need your help to keep our community smoke and vape free.

GOOD NEWS:

We can help you support your family and friends to maintain a smoke and vape free environment for all.

EXTREMELY HIGH LEVEL SMOKER

Bub is struggling to get all the oxygen they need to develop their organs and is likely to have lifelong health issues.

Whether you're an upcoming mum, dad or grandparent, bub needs support right now.

GOOD NEWS:

Your local Aboriginal Health Community Controlled Organisation is here to help pregnant women and their families every step of the way.

AT RISK LEVEL OR EXPOSED TO SECOND HAND SMOKE

These levels indicate that you are a smoker or are exposed to second-hand smoke.

There's too much carbon monoxide in your blood and lungs. For those who are pregnant your baby might not be getting all the oxygen they need to live a long and healthy life.

GOOD NEWS:

We can give you tips to keep you and your loved ones healthy.

STAY IN THE GREEN ZONE

