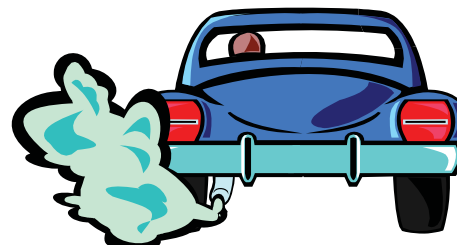


What is Carbon Monoxide?



One of the most deadly chemicals found in cigarette smoke is carbon monoxide (CO).

Carbon monoxide is an odorless and colorless gas. Burning cigars, cigarettes and pipes all produce carbon monoxide.

Carbon monoxide is found in air pollution but the levels absorbed by the body from pollution are very low compared to the amount in tobacco smoke.

Carbon monoxide takes the place of oxygen in your blood. The body needs oxygen to survive and anything that decreases the amount of oxygen causes strain on the heart and body.

Over time, the heart has to work harder to deliver oxygen. This puts smokers at greatly increased risk for having heart attacks.

The Good News about Carbon Monoxide

Although it is very deadly, carbon monoxide lasts only a short time in your body. Your body can eliminate carbon monoxide within two to three days **AFTER** you quit smoking. Your carbon monoxide level will go back down to the same level of somebody who never smoked – “0”.

The effect of carbon monoxide is reversible and can get better almost immediately if you stop smoking.

Carbon Monoxide Meter

A carbon monoxide meter measures the amount of carbon monoxide in your body.



My Carbon Monoxide Level is = _____

0 - 8	Normal or very low smoking
8 - 12	Concern
12 - 25	Warning
25 - 40	Danger
Over 40	Severe Danger

If I quit smoking,
my Carbon Monoxide Level will go down to: