




Carbon Monoxide Record

What is Carbon Monoxide?

Carbon Monoxide (CO) is a poison. It is a gas. It has no colour or smell. CO is in car exhaust fumes and in tobacco smoke.

Name

Date	My CO level	CO (ppm)	What does this mean?
		↑ Above 25 ↑	<p>Smoker</p>  <p>When you smoke you breathe CO into your lungs. CO then gets into your blood. The CO poison means the blood can't bring enough oxygen around your body.</p> <p>This means that your heart doesn't get enough oxygen. This can cause heart attack and stroke. You can also find you get out of breath very quickly.</p> <p>When you stop smoking CO in the blood falls almost immediately.</p>
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Non-smoker



A non-smoker has no CO in the blood.

There is a good supply of oxygen to heart and lungs.