

# WHERE ARE YOU ON THE SMOKERLYZER CHART?



# PUYU BLASTER



**DANGEROUSLY ADDICTED SMOKER**

This level is uncommon and is found in smokers who are rarely seen not smoking! Permanent damage and Carbon Monoxide poisoning can occur at this level. Please talk to your tackling smoking team or health care provider who can help you give up smoking and reduce your reading down into the target 'green zone'.



**ADDICTED SMOKER**

These levels show that your red blood cells are carrying less oxygen than the body needs. Your health is being affected on a daily basis, it is never too late to give up smoking!



**FREQUENT SMOKER**

Readings in this level mean serious nicotine addiction, these levels are 5 times more than a non-smoker, please speak with your tackling smoking team, or local health care provider to discuss ways to help you quit smoking.



**THIS IS WHERE YOU NEED TO BE!**



ADULT	PREGNANT WOMAN/ ADOLESCENT	UNBORN BABY
CARBON MONOXIDE IN LUNGS (PPM) 60	CARBON MONOXIDE IN LUNGS (PPM) 60	CARBON MONOXIDE IN BLOOD (%FCOHB) 5.66
50	35	5.66
35	25	3.40
25	16	3.40
15	10	2.38
10	6	2.38
6	4	1.46
<b>NON-SMOKER</b>		

**NON-SMOKER**  
Congratulations this level means your body has no risk of having Carbon Monoxide poisoning, and getting sick from the side effects of smoking. Most people have a small amount of CO in their breath because of the pollution in the air that we breath in.



**HEAVILY ADDICTED SMOKER**

Your baby is really struggling to get all the oxygen they need, this could result in your baby being born with life long health issues. There are people who can help you quit smoking to improve your health and protect your baby. Talk to your tackling smoking team or health care provider.



**SMOKER**

Your baby is struggling a bit to receive all the oxygen they need. It is a good idea to talk to your tackling smoking team or health care provider to discuss help to quit smoking and reduce this reading down to the green zone so your baby has the best chance to be born strong and live a long and healthy life.



**STAY IN THE GREEN ZONE!**

This is where you want your growing baby's reading to be. Bub is doing well and thanks to you not smoking their lungs are growing strong and healthy, giving your baby the best start to life!

FOR HELP TO QUIT CONTACT YOUR HEALTH PROFESSIONAL OR RING THE ABORIGINAL MOB AT QUITLINE, 13 7848

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