



Carbon Monoxide Monitoring

CARBON MONOXIDE IS

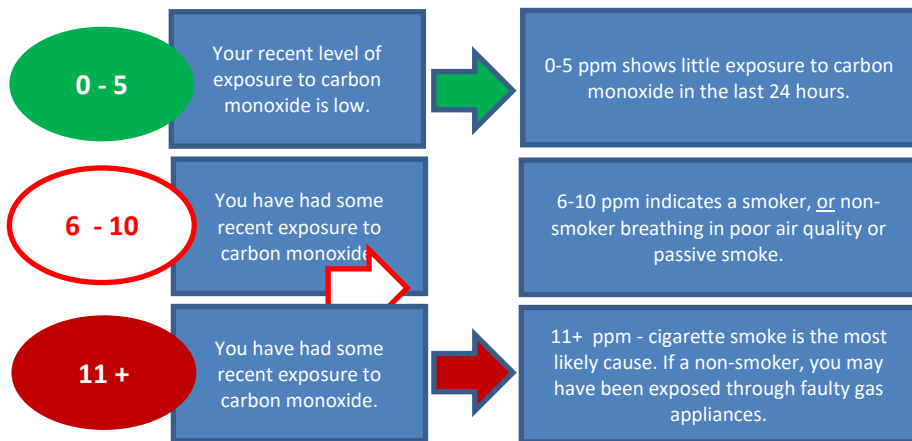
- COLOURLESS**
- ODOURLESS**
- TASTELESS**

THE SYMPTOMS TO CARBON MONOXIDE POISONING ARE SIMILAR TO FLU, A VIRUS OR FOOD POISONING

Carbon Monoxide Screening Matters

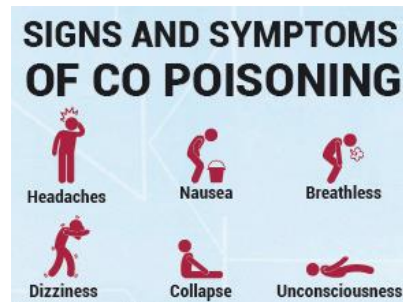
Carbon Monoxide (CO) is a poisonous gas that you cannot see or smell but is dangerous to you and your family's health. Exposure to CO reduces oxygen levels in your body.

Carbon monoxide monitoring is a simple test to do



Exposure can be measured through a quick and simple breath test provided today by your healthcare professional. Cigarette smoke is the most likely explanation for a high reading. Reducing your exposure to cigarette smoke is the most important thing you can do for you and your family's health. If you are not usually exposed to cigarette smoke, but you have a reading of 11 parts per million or more, you may have been exposed to CO through faulty gas appliances. "Parts per million" is how we measure carbon monoxide on your breath.

It is important you seek advice from the gas safety advice line on: **0800 300 363**



It is important to check that your heating and cooking appliances are safely installed. You may wish to buy a carbon monoxide alarm that will detect low levels of carbon monoxide in your home.

Other explanations for a raised reading could be faulty car emissions, breathing in industrial chemicals or if you are lactose intolerant.

Contact Numbers

We hope that you have found this information useful. If you have any questions or are worried about anything, please speak to the following Dorset County Hospital Staff:

Garima Kashyap, Treating Tobacco Dependency Practitioner - 07818 047513

Email - smokefree@dchft.nhs.uk

Useful Websites

For help to be Smokefree Contact LiveWell Dorset on 0800 840 1628 or www.livewelldorset.co.uk.

About this leaflet

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk



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