

PUYU BLASTERS

DON'T MAKE SMOKES
OUR STORY

WHERE ARE
YOU ON THE
SMOKERLYZER
CHART?





**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.



**ADDICTED
SMOKER**

These levels show that your red blood cells are carrying less oxygen than the body needs.



**FREQUENT
SMOKER**

Readings in this level mean serious nicotine addiction, these levels are 5 times more than a non-smoker.



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

**Congratulations to
your body has no risk
of Carbon Monoxide poisoning
from getting sick
from the effects of**

CARBON M

**LUNGS
(PPM)**

60

50

35

25

15

10

6

NON-S

MONOXIDE IN

NGS
PM)

BLOOD
(%FCOHb)



ADULT



UNBORN BABY



PREGNANT WOMAN / ADOLESCENT

40

35

25

16

10

6

4

SMOKER

This level means your risk of having Carbon monoxide poisoning, and health issues from the side effects of smoking.

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.

SMOKER



Your baby is struggling a bit to receive all the oxygen they need. Smokers in this level are addicted to nicotine.

STAY IN THE
GREEN ZONE!



This is where you want your growing baby's reading to be.

DATE

CARBON
MONOXIDE
POISON LEVEL

1

2

3

FOR HELP TO QUIT CONTACT YOUR
LOCAL ABORIGINAL HEALTH TEAM ON

OR CALL THE ABORIGINAL MOB AT
QUITLINE ON 13 7848

puyublasters.com.au



Aboriginal Health Council
of South Australia Ltd.

Quitline
137848



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