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- 1) The information that follows from Donnay Detoxicology LLC contains links to collections of peer-reviewed articles about carbon monoxide that open webpages of the US National Library of Medicine at www.pubmed.ncbi.nlm.nih.gov. From the PubMed site--over which Donnay Detoxicology LLC has no control--you can save or export the articles in the collections.
- 2) The articles in each collection were selected by Albert Donnay, a consulting toxicologist who has specialized in CO poisoning since 1999. He selected the articles for their relevance to the topics and not for their accuracy, integrity, clinical utility, or any other reason.
- 3) The collections are not regularly updated and so only should be considered illustrative, not exhaustive. To find more recent articles on any topic "X", you can search at www.pubmed.gov for ("carbon monoxide" and "X")
- 4) *By clicking on the links provided below to any of Donnay's collections, you acknowledge this disclosure and agree not to hold Albert Donnay or Donnay Detoxicology LLC responsible for any false, misleading, or outdated information that the selected articles may contain.*

For more information on Donnay Detoxicology's library of over 1,500 PubMed collections on CO-related topics, see www.tinyurl.com/COpapers

Donnay Detoxicology LLC

www.DonnayDetox.com

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CARBON MONOXIDE RISK FACTORS: **SMOKING ANYTHING**

Smoking causes carbon monoxide poisoning in non-smokers who are not habituated to high levels of exposure.

Depending on what and how people smoke, they are inhaling CO in the range of low 100s to low 1000s of parts per million (ppm). Within one hour after they stop smoking, their exhaled levels are typically below 50ppm.

In contrast, the US EPA limit for the public is only 9ppm average, the US OSHA limit for workers is 50ppm average, home CO alarms warn over 70ppm, and US NIOSH says CO levels over 1200ppm are “immediately dangerous to life and health.”

For a collection of peer-reviewed articles on PubMed curated by Albert Donnay about the **CO levels associated with smoking and second-hand smoke**, see:

<https://www.ncbi.nlm.nih.gov/sites/myncbi/albert.donnay.1/collections/44470445/public/>

For a collection on **CO poisoning cases caused by hookah smoking**, see:

<https://www.ncbi.nlm.nih.gov/sites/myncbi/albert.donnay.1/collections/45473543/public/>