

# Carbon Monoxide Exposure Levels

## and Associated Health Risks

CO LEVELS (PPM)	COMMON SYMPTOMS	IMPACT TIME
0-9	No symptoms	N/A
10-29	Chronic symptoms: fatigue, headaches	Chronic symptoms after weeks or months of long-term exposure
30-35	Mild flu-like symptoms: fatigue, headaches, drowsiness, dizziness, nausea, short breath	Mild symptoms in 6-8 hours, especially for susceptible groups
36-99	Moderate flu-like symptoms: vomiting, confusion, chest pain, blurred vision	Moderate symptoms in 2-8 hours for all groups
100-199	Severe symptoms: seizures, cardiac arrest, loss of consciousness, possible fatality	Severe symptoms in 2-3 hours. Can be life threatening after 3 hours
200-399	Severe symptoms / fatality	Severe symptoms in 1-2 hours. Life threatening in 3 hours
400-799	Severe symptoms / fatality	Severe symptoms in 45 minutes. Fatal within 2-3 hours
800-1,599	Severe symptoms / fatality	Severe symptoms in 20 minutes. Fatal within 1 hour
1,600-3,199	Severe symptoms / fatality	Severe symptoms in 5-10 minutes. Fatal within 25-30 minutes
3,200-6,399	Severe symptoms / fatality	Severe symptoms in 1-2 minutes. Fatal within 10-15 minutes
6,400 +	Fatality	Fatal within 1-5 minutes