

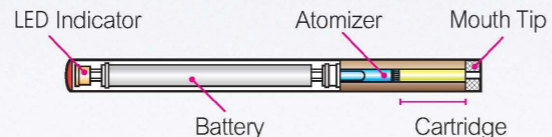
Electronic Cigarette



Quitline
1833 183

? What is e-cigarette?

E-cigarette is an electrically powered device in which a metal coil is used to heat a chemical solution ("e-liquid") to generate aerosol for inhalation by the user. E-cigarettes come in various types and shapes. Some mimic traditional tobacco products such as cigarettes or cigars, and some look like daily household products such as pens and USB memory sticks.



What can be the health effects of e-cigarette?

The World Health Organization (WHO) states e-cigarettes are not harmless.¹ US National Academies of Sciences Engineering, and Medicine conducted a systematic review concluding most e-cigarettes contain and emit numerous potentially toxic substances such as formaldehyde and nitrosamines, which are both cancer-causing agents.²

The flavouring used in e-cigarettes are primarily food additives but their safety for inhalation has never been proven. Some additives are identified to be toxic, such as diacetyl (buttery flavour), which causes bronchiolitis obliterans, and cinnamaldehyde (cinnamon flavour), which causes lung inflammation.³ Since e-cigarettes may also contain various concentrations of nicotine, their use may cause nicotine dependence and constriction of blood vessels.

Is it illegal to smoke e-cigarette in Hong Kong?

Cigarette smoking (including e-cigarette) is banned in no smoking areas under the Smoking (Public Health) Ordinance (Chapter 371, Laws of Hong Kong). No smoking areas include all indoor public areas and some outdoor areas such as school campus, public parks and beaches. Offenders are subject to a fixed penalty of fine \$1,500.



Is the sale and possession of e-cigarette regulated in Hong Kong?

Under the Pharmacy and Poisons Ordinance (Chapter 138, Laws of Hong Kong), nicotine is a Part I poison. E-cigarette containing nicotine is regarded as pharmaceutical product and must be registered with the Pharmacy and Poisons Board before sale or distribution. Possession or sale of unregistered pharmaceutical product, and the possession or sale without authority of Part I poison, are both offences. Each offence shall be liable on conviction to maximum penalty of \$100,000 fine and 2 years' imprisonment.

Is e-cigarette an effective smoking cessation product?

The WHO says there is not enough evidence to support the use of e-cigarettes for smoking cessation.³

Any e-cigarette containing nicotine as smoking cessation product must satisfy the criteria of efficacy, safety and quality for approval of registration by the Pharmacy and Poisons Board (the Board) before sale in Hong Kong. Detail of control measures including import and export, trading licence and product registration of pharmaceutical products can be browsed at Drug Office's website at www.drugoffice.gov.hk.

If you need any assistance or information on smoking cessation, please contact us at 1833 183.

Recommendations of the World Health Organization

In the Eighth session of the Conference of the Parties (COP8) to the WHO Framework Convention on Tobacco Control (WHO FCTC) in October 2018, one of the committee reports on novel and emerging tobacco products reminded parties to consider to "regulate, including restrict, or prohibit, as appropriate, the manufacture, importation, distribution, presentation, sale and use of novel and emerging tobacco products, as appropriate to their national laws, taking into account a high level of protection for human health".⁴



Reference

1. The World Health Organization Regional Office for Europe. Electronic nicotine and non-nicotine delivery systems: a brief. The World Health Organization; 2020. <http://www.euro.who.int/en/health-topics/disease-prevention/tobacco/publications/2020/electronic-nicotine-and-non-nicotine-delivery-systems-a-brief-2020>
2. National Academies of Sciences Engineering, and Medicine. Public health consequences of e-cigarettes. Washington, DC: The National Academies Press; 2018.
3. WHO Study Group on Tobacco Product Regulation. Report on the scientific basis of tobacco product regulation: seventh report of a WHO study group. Geneva: World Health Organization; 2019 (WHO Technical Report Series, No. 1015). Licence: CC BY-NC-SA 3.0 IGO.
4. World Health Organization. DECISION FCTC/COP8(22) Novel and emerging tobacco products. [https://www.who.int/fctc/cop/sessions/cop8/FCTC_COP8\(22\).pdf?ua=1](https://www.who.int/fctc/cop/sessions/cop8/FCTC_COP8(22).pdf?ua=1)

For more information, please visit Tobacco and Alcohol Control Office's website

www.taco.gov.hk

Quitline

1833 183

Enquiry and Complaint Hotline

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Fax

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免費戒煙流動應用程式
Free Quit Smoking Mobile App



衛生署控煙酒辦公室
Tobacco and Alcohol Control Office
Department of Health



戒煙達人

電子煙



戒煙熱線
1833 183

? 甚麼是電子煙?

電子煙是一種電子裝置，利用已通電的金屬線圈把化學溶液（「電子煙油」）加熱成氣霧，讓使用者吸入。電子煙有不同種類和形狀：有的看似捲煙或雪茄等傳統煙草產品，有的看似其他日常用品，例如鋼筆、USB 記憶棒等。



❤️ 電子煙對健康可造成甚麼影響?

世界衛生組織（世衛）指出，電子煙並非無害。¹ 美國國家科學工程與醫學研究院進行的綜合文獻分析指出：大多數電子煙會釋放出許多潛在有毒物質，例如甲醛和亞硝酸胺等致癌物。²

電子煙中的添味劑是食品添加劑，現時沒有研究證明它們能安全吸入肺部，有些已被界定為有毒：例如二乙酰基（牛油味添加劑）可引致閉塞性支氣管炎，肉桂醛（肉桂味添加劑）可引致肺部細胞發炎。³ 由於電子煙可能含有尼古丁，吸電子煙可能引致上癮及血管收縮。²

🚫 在香港，吸電子煙是否違法?

根據《吸煙（公眾衛生）條例》（香港法例第 371 章），在禁止吸煙區不得吸煙（包括電子煙）。禁止吸煙區包括所有室內公眾地方及部分室外地方，例如校園、公園及泳灘。違例者定額罰款 1,500 元。



☠️ 香港有否管制電子煙的銷售及管有?

根據《藥劑業及毒藥條例》（香港法例第 138 章），尼古丁屬第 I 部毒藥。含尼古丁的電子煙，被視為藥劑製品，必須獲藥劑業及毒藥管理局批准註冊，方可銷售或分銷。管有或銷售未經註冊藥劑製品，以及在未經授權的情況下管有或銷售第 I 部毒藥，均屬違法。一經定罪，每項罪行最高可判罰款 100,000 元及監禁兩年。

🔍 電子煙是否有效的戒煙產品?

世衛認為現時並沒有足夠的證據支持使用電子煙可以有效幫助戒煙。¹

任何用作戒煙的含尼古丁電子煙，必須先向藥劑業及毒藥管理局（管理局）申請藥劑製品註冊，在符合效能、安全及素質相關要求並獲批註冊，方可在香港出售。藥劑製品的管制詳情包括進出口、經營牌照及產品註冊可瀏覽藥物辦公室網頁 www.drugoffice.gov.hk。

如需協助或查詢有關戒煙的資料，可致電 1833 183 與我們聯絡。

🌐 世界衛生組織的建議

在 2018 年 10 月舉行的第八屆世衛煙草控制框架公約締約方會議上，因考慮到需要保障人口健康，會議促請各締約方考慮將電子煙等新煙草產品，根據其國家及地方法律，管制（包括限制或禁止）製造、進口、分銷、展示、銷售和使用電子煙。⁴



參考資料

1. The World Health Organization Regional Office for Europe. Electronic nicotine and non-nicotine delivery systems: a brief. The World Health Organization; 2020. <http://www.euro.who.int/en/health-topics/disease-prevention/tobacco/publications/2020/electronic-nicotine-and-non-nicotine-delivery-systems-a-brief-2020>
2. National Academies of Sciences Engineering, and Medicine. Public health consequences of e-cigarettes. Washington, DC: The National Academies Press; 2018.
3. WHO Study Group on Tobacco Product Regulation. Report on the scientific basis of tobacco product regulation: seventh report of a WHO study group. Geneva: World Health Organization; 2019 (WHO Technical Report Series, No. 1015). Licence: CC BY-NC-SA 3.0 IGO.
4. World Health Organization. DECISION FCTC/COP8(22) Novel and emerging tobacco products. [https://www.who.int/fctc/cop/sessions/cop8/FCTC_COP8\(22\).pdf?ua=1](https://www.who.int/fctc/cop/sessions/cop8/FCTC_COP8(22).pdf?ua=1)

如欲了解更多資訊，請瀏覽控煙酒辦公室網頁

www.taco.gov.hk

戒煙熱線

1833 183

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