

拒絕二手煙
步向清新世界

衛生署
綜合戒煙熱線
1833 183
www.tco.gov.hk

衛生署控煙辦公室
Tobacco Control Office
Department of Health

關於二手煙



- 屬一級致癌物質，可引致癌症
- 含超過7,000種化學物，當中有最少69種為致癌物質
- 含焦油、尼古丁、一氧化碳等
- 沒有安全界限或標準

二手煙危害健康

即時影響

- ☠ 刺激眼、鼻、咽喉和氣管，引致咳嗽、咽喉痛、頭痛

長遠影響

- ☠ 引致肺癌！
- ☠ 引致冠心病！
- ☠ 損害肺功能，增加患上肺炎、支氣管炎的機會！
- ☠ 誘發哮喘，增加兒童患上中耳炎的機會！
- ☠ 增加孕婦早產及流產的機會，也會令初生嬰兒體重較輕！
- ☠ 破壞人體細胞的功能，增加患癌病的機會！



趕走二手煙 
健康生活由此起

如要在日常生活中減少
二手煙的影響，我們可以……

- 在法定禁煙區見到有人吸煙時，通知管理人作出處理



- 勸喻家人及朋友不要在家裏吸煙
- 鼓勵家人、朋友及同事戒煙

衛生署綜合戒煙熱線

按1字：衛生署戒煙熱線

按2字：東華三院戒煙熱線

在港九新界設有服務處，於不同時段(包括夜間及週末)提供免費戒煙服務。

按3字：醫院管理局無煙熱線

按4字：博愛中醫戒煙服務

博愛醫院的中醫流動醫療車，於不同地區及不同時段(包括夜間及週末)免費提供戒煙服務。

按5字：香港大學青少年戒煙熱線

衛生署 控煙辦公室

查詢及投訴熱線：2961 8823 傳真：2575 8944

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免費戒煙流動應用程式



For a better environment,
say **NO** to
secondhand smoke!



Department of Health
Integrated Smoking
Cessation Hotline

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Secondhand smoke



- Group A carcinogen, causes cancer
- Contains over 7,000 chemicals in which at least 69 are cancer causing agents
- Contains tar, nicotine, carbon monoxide, etc.
- No safe level of exposure

Hazards of Secondhand Smoke

Short-term impact

- Irritates eyes, nose, throat and trachea and causes cough, sore throat and headache

Long-term impact

- Causes lung cancer
- Causes coronary heart diseases
- Damages lung function and increases the risks of pneumonia and bronchitis
- Exacerbates asthma and increases the risks of middle ear infection among children
- Increases the risks of abortion, pre-term delivery and low birth weight babies
- Damages cell function and increases the risk of cancers



Go smoke-free
and stay healthy



To reduce exposure of
secondhand smoke in daily life,
we can:



- inform the manager when somebody smokes in statutory no smoking area



- persuade your family members and friends not to smoke at home
- encourage your family members, friends and colleagues to quit smoking

Department of Health Integrated Smoking Cessation Hotline

Press 1 : Department of Health
Smoking Cessation Hotline

Press 2 : Tung Wah Group of Hospitals
Smoking Cessation Hotline

Centres are distributed all over Hong Kong and provide free smoking cessation services in different time frames (including evening hours and weekends.)

Press 3 : Hospital Authority Quitline

Press 4 : Pok Oi Smoking Cessation Service
using Traditional Chinese Medicine

Free smoking cessation service in mobile clinics of Pok Oi Hospital are serving different districts with different operation hours (including evening hours and weekends).

Press 5 : Youth Quitline of the University of
Hong Kong

Tobacco Control Office , Department of Health

Enquiry & Complaint Hotline: 2961 8823 Fax: 2575 8944



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Free Quit Smoking Mobile App

