

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



Department of Health
Integrated Smoking
Cessation Hotline

1833 183
www.tco.gov.hk

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



Secondhand smoke



- Group A carcinogen, causes lung cancer
- Contains over 4,000 chemicals in which over 50 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

18/F & 25/F, Wu Chung House,
213 Queen's Road East, Wan Chai, Hong Kong
Enquiry & Complaint Hotline: 2961 8823 Fax: 2575 8944



Department of Health
Integrated Smoking
Cessation Hotline

1833 183
www.tco.gov.hk



Free Quit Smoking Mobile App