

Create the Smoke-free Environment, the Starting Line of Healthy Life

Impact of Smoking on Foetus

Research shows that tobacco smoke contains more than 7000 chemicals. For instance, nicotine, carbon monoxide, cyanide, arsenic and carcinogens which can be transferred to the foetus via placenta. Apart from reducing oxygen supply to the foetus, smoking can further increase risk and complication of pregnancy.

Ectopic pregnancy

Miscarriage

Intrauterine death

Placental abruption

Orofacial clefts

Premature delivery

Lower birth weight



Harmful effects of Secondhand smoke on Infant and Children



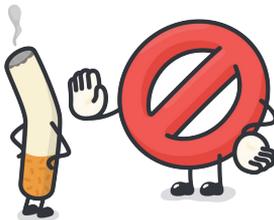
Secondhand smoke can cause “Sudden Infant Death Syndrome” and increase middle ear disease, respiratory illness (e.g. cough, phlegm, respiratory infection, pneumonia, bronchitis) and severe asthma in infants and children. Besides, secondhand smoke also associates with higher risk of admission to hospital.

**Tobacco and Alcohol Control Office,
Department of Health
Information on Secondhand smoke**



Third-hand Smoke

A large amount of toxic substances can be found in Third-hand smoke. These toxic chemical substances can remain on the surface of household utensils and furniture of the indoor area, carpets, floors, walls, ceilings, etc. Most alkaline cleaners available in the market cannot remove these substances. Therefore, not smoking at all is the best way to protect your loved ones. Research suggests that children are more likely to develop tobacco addiction if their parents smoke. Please quit immediately.



**Tobacco and Alcohol Control Office,
Department of Health
Information on Third-hand smoke**



Create smoke-free environment

Parents can absolutely create smoke free environment for your children! Nicotine Replacement Therapy together with counsellings is the most effective means of smoking cessation. Call the Smoking Cessation hotline!



Quit Smoking Mobile App



Tobacco and Alcohol Control office, Department of Health Website on quit smoking



Smoking Cessation Hotlines:

Integrated Smoking Cessation Hotline of
the Department of Health 1833 183

Smoking Counselling & Cessation Centres of
the Hospital Authority 2300 7272