

# 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**

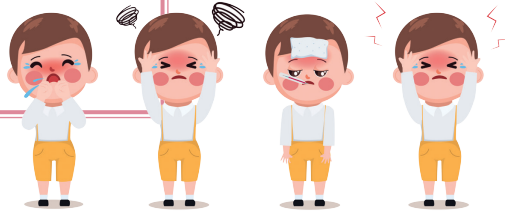


## Harmful effects of Secondhand smoke on Infant and Children



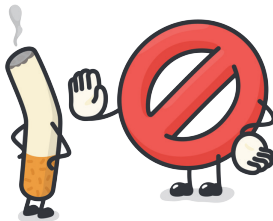
Secondhand smoke can cause “Sudden Infant Death Syndrome” and increase middle ear disease, respiratory illness (e.g. cough, phlegm, respiratory infection, pneumonia, bronchitis) and severe asthma in infants and children. Besides, secondhand smoke also associates with higher risk of admission to hospital.

**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