

Protection, is the Softest Promise

Set up "Smoke-free Family" rules with your family members, and tell all the relatives, friends and visitors clearly about the rules.



Encourage and support those smoking relatives and friends to quit smoking as soon as possible, so as to build up a healthy life.



Why Don't Breathe Healthily While You Still Have Time During Everyday Busy Life?
Cigarette, Heated Tobacco, Electronic Cigarette, Hookah, Cigar, etc. All These Tobacco Products Are Not Allowed!
Rejecting Tobacco Hazard Is the Warmest Promise to Your Kids, Spouses and Future!



Quick Mobile Guidelines
Make Good Use of Multi Channels
for Smoking Cessation



- Free Smokers' Helpline : 0800-636363
- LINE@ Online Smoking Cessation Consultation:
@tsh0800636363



臺北市府衛生局
Department of Health, Taipei City Government



臺灣癌症基金會
FORMOSA CANCER FOUNDATION

廣告

*Happiness Doesn't Go While
Tobacco and Smoke Go*

***I Refuse to Smoke
I Love Family***



What is Second-Hand Smoke and Third-Hand Smoke?

Second-Hand Smoke :

Refers to the main-stream smoke which is directly exhaled from the smokers, mixed together with the side-stream smoke that is produced and released into the air while tobacco is burnt. Under the condition of incomplete burning of tobacco, over 7000 kinds of chemical substances are released from the second-hand smoke; within which over 250 kinds are harmful to human health; and more, there are 93 types of carcinogens and harmful substances.

Third-Hand Smoke :

Refers to those pollutants that are left over in the environment after cigarettes have been extinguished. Research evidence shows that even though smokers do not smoke in front of kids, their third-hand smoke which stays on the clothes and remains inside the cars and houses is also similarly harmful to health.

The Hazard to Family Members

Children are particularly weak :

While their lungs are not fully developed, exposure to second-hand and third-hand smoke will increase the risk of asthma, allergy and pneumonia.

Chronic influence to health :

Nicotine and carcinogens raise the probability of getting cardiovascular diseases and cancers.

Effect of behavior imitation :

Children are easy to be influenced by the smoking behavior of their parents. They may imitate smoking behavior which sows hidden health worries.

The Hidden Crisis of Third-Hand Smoke

Residual time is long and hard to be eliminated :

Nicotine with its very strong surface adhesive power, will combine with compounds such as nitrites and ozone in the air and induce chemical reactions which produce stronger new toxic substances, such as carcinogens like nitrosamines.

Releasing carcinogenic substances :

The toxic particles remained from third-hand smoke in the environment include at least 11 kinds of highly carcinogenic compounds.

Harming development of infants and young children :

Infants and young children often explore the environment by means of mouth-bite and touch, and this makes them easier to reach toxic substances remained from third-hand smoke. This may cause defect of children's cognitive ability, and increase the probability of asthma and risk of otitis media to infants and younger children.

