



## If you are a smoker, have you ever .....

- panted for breath when walking along the hillside path?
- tried all means to eliminate the smell?
- played hide and seek when you want to smoke?
- felt embarrassed when smoking in front of others?

How much is the expenditure of smoking?

\$ 28 x 365 days= \$10,220 = 260 hours of part-time job

= a trip to Japan



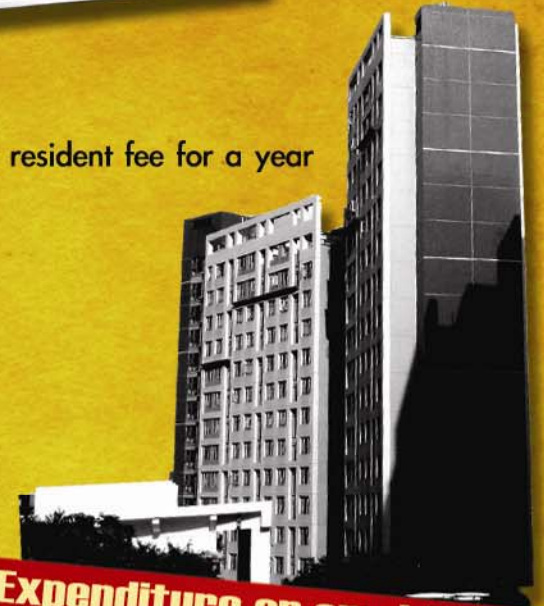
= a brand-new laptop

## Smoking Ordinance in Hong Kong and Regulations Governing the Student Residence??

In accordance with the amended Smoking (Public Health) Ordinance (Chap. 371), the CityU campus and Student Residence have been designated as non-smoking areas and those who smoke in these areas will be subject to a fixed fine of HK\$1,500.

There have been cases when residents who violated the rules in the Student Residence, have been required to deliver community service, move out from the hall, or prosecuted by the Police.

= resident fee for a year



**Expenditure on smoking  
Have you thought about this  
before buying cigarettes?**

**Be a responsible University student  
Do not smoke in student residence**

## Image as a smoker Do you know how others perceive smokers?

Self-image affected:  
stained teeth, brownish-yellow fingernails,  
dry and aged skin, heavy smell,  
stinking breath etc.

## Do you want those you care about to suffer from your smoking?

By smoking, you have...

- \* ignored the feelings of your nearest
- \* damaged the health of your dearest
- \* created first-hand = second-hand smoking
- \* put the life of others at risk of fire hazard
- \* made your family worried about your health problems
  - ~throat cancer
  - ~emphysema:
  - ~periodontal disease
  - ~impotence
  - ~and other fatal illnesses



## Tips on quitting smoking Will you take your first step?

- \* Set your plans
- \* Throw away everything related to smoking
- \* Distract yourself
- \* Breathe deeply and drink more water
- \* Avoid any environment filled with second-hand smoke
- \* Refuse any invitation to smoke
- \* Announce to all your friends that you have quit smoking
- \* Take appropriate medicines in consultation with doctors
- \* Avoid drinking alcohol
- \* Avoid drinks containing caffeine such as coffee, strong tea, cola, etc.
- \* Develop new interests, such as cooking, doing exercise, listening to the music, etc.
- \* Do not take it for granted that smoking light or menthol cigarettes helps. It only makes your body demand more



## Help and support are always with you

### Hotline:

Department of Health Smoking Cessation

Hotline: 1833183 ([www.tco.gov.hk](http://www.tco.gov.hk))

Hospital Authority Smoking Cessation

Hotline: 23007272

The University of Hong Kong Youth Quitline:

28559557

Women Smoking Cessation Service:

28192692/ 65726266

CityU Yeung Chung Yee Health Center:

27888022

### Clinic:

Education and Training Centre in Family Medicine

2/F, Ngau Tau Kok Jockey Club Clinic,

60 Ting On Street, Ngau Tau Kok

For enquiry or appointment,

please call the Smoking Cessation Hotline

at 1833 183

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