

Publicity Plan

宣傳措施

Display of Signs

展示禁煙標誌



Boundary Line and Ground Marking
地面上的界線及標記



Map Plate
禁煙區範圍的圖則



No-smoking Sign
禁煙標誌

Publicity Materials

宣傳物品

隧道巴士轉乘處 Bus interchanges of tunnel portal areas
無煙環境 乘客開心
 Smoke-free Environment Happy Passengers

2016年3月31日起八個隧道出入口巴士轉乘處列為禁煙區
 8 bus interchanges of tunnel portals are designated as No Smoking Areas with effect from 31 March 2016

禁煙地點包括：
 海底隧道 (Cross-harbour Tunnel)
 大老山隧道 (Tai Loo Tunnel)
 大轆隧道 (Lo Lo Tunnel)
 東區海底隧道 (Eastern Harbour Crossing)
 西區海底隧道 (Western Harbour Crossing)
 城門隧道 (Wing Lok Tunnel)
 獅子山隧道 (Lion Tai Leng Tunnel)
 青沙公路 (Tsing Sha Highway)

違例者會被定額罰款 **\$1,500**
 Offenders may be subject to a fixed penalty of \$1,500

查詢及查詢熱線
 Enquiry and Counselling Helpline: 2961 8623
 衛生署綜合戒煙熱線
 Department of Health Integrated Smoking Cessation Hotline: 1833 183

Poster and pamphlet
海報及小冊子

衛生署綜合戒煙熱線
 Department of Health
 Integrated Smoking Cessation Hotline
1833 183

專業電話輔導
 Professional Counselling
 尼古丁依賴程度測試
 Nicotine Dependency Assessment
 戒煙資訊傳真
 Information on Smoking Cessation by Fax

步驟 1 選擇機構
 Step 1 Select Organization

- 1 衛生署 Department of Health
- 2 東華三院 Tung Wah Group of Hospitals
- 3 醫院管理局 Hospital Authority
- 4 博愛醫院 Pok Oi Hospital
- 5 香港大學 (青少年戒煙熱線) The University of Hong Kong (Youth Quitline)

步驟 2 選擇語言
 Step 2 Select Language

- 1 廣東話 Cantonese
- 2 普通話 Putunghua
- 3 英文 English

免費戒煙流動應用程式
 Free Quit Smoking Mobile App
 www.tco.gov.hk

步驟 3 選擇內容
 Step 3 Select Content

最新資訊 What's New
 1 留言服務 Leave Voice Message
 2 尼古丁依賴程度測試 Nicotine Dependency Assessment

戒煙藥物 Drugs for Smoking Cessation
 1 透過專業藥劑師諮詢 Obtain Information on Drugs by Fax
 2 戒煙含口膠 Nicotine Gum
 3 戒煙貼 Nicotine Patch
 4 戒煙吸入劑 Nicotine Inhaler
 5 戒煙糖 Nicotine Lozange
 6 瓦烏尼安林 Varenicline

戒煙資訊及贴士 Information & Tips on Smoking Cessation
 1 戒煙小贴士 Tips on Smoking Cessation
 2 戒煙後出現 Withdrawal Symptoms
 3 戒煙與你 Smoking & You
 4 二樓與你 Second-hand Smoke & You
 5 水煙的禍害 Hazards of Waterpipe Smoking

戒煙服務 Smoking Cessation Services
 1 戒煙診所 Smoking Cessation Clinics
 2 衛生署 Department of Health
 3 東華三院 TWGHs
 4 醫院管理局 Hospital Authority
 5 博愛醫院 Pok Oi Hospital
 6 香港大學 (青少年戒煙熱線) The University of Hong Kong (Youth Quitline)
 7 其他機構 Other Organizations
 8 預約衛生署戒煙服務 Make Appointment for Department of Health Smoking Cessation Service
 9 查詢煙癮法律法例 Inquire about Tobacco Control Legislation
 10 與戒煙專員聯絡 Contact Counsellors

收聽資料期間，可按
 While listening to the information, you may press
 1 按下一頁轉頁 Back to previous page
 2 返回主頁 Return to main directory

Pamphlet for smoking cessation
戒煙小冊子

對抗「煙癮」的方法
 5Ds to tackle craving:

另外：
 In addition:

有關定意志：自我鼓勵。「我可以堅持下去！」
 Perseverance: tell yourself that "I can make it".

獎勵自己：將原本用中買煙的錢，買一件禮物給自己和親友慶祝，也有親朋及鼓勵之詞。
 Rewards: buy yourself a gift or celebrate with friends/relatives for your achievement.

寫下戒煙原因，當感到心情不佳時，可翻看先寫下的原因，以鼓勵及提醒自己。
 Write down the reasons of quitting smoking, review regularly the reasons you had written down, particularly when you get cravings or are in low mood, so as to remind and encourage yourself.

多喝水：減少進食和含酒精的飲品。
 Drink more water and avoid alcohol or caffeine-containing drinks.

分散注意力：例如與人傾談、活動。
 Distract yourself from craving for tobacco by doing something else like making a phone call or washing face.

切勿配合：多睡幾小時、多食休息和放鬆的興趣，對戒煙也有幫助。
 Others' regular exercises, adequate rest and new hobbies are all helpful in quitting smoking.

平衡決策表
 Decisional Balance Worksheet

如果你對自己的戒煙決定感到猶豫，我們鼓勵你嘗試完成下面的「平衡決策表」。考慮此表會對你在戒煙途徑有更清楚的方向，從而產生作出戒煙的決定。
 If you are still ambivalent on quitting smoking, you can finish the following "Decisional Balance Worksheet" to help you to have a clearer idea about quitting smoking, such that you can make the decision to quit smoking as soon as possible.

戒煙的好處 Benefits of quitting smoking	戒煙的缺點 Disadvantages of quitting smoking
戒煙後省下的煙錢 Money saved by not buying cigarettes	戒煙後省下的煙癮 Money saved by not buying cigarettes
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衛生署綜合戒煙熱線
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作出明智的決定，立即戒煙
 Make up your mind - Quit Now

請將戒煙，視作能改善多種不同的疾病，讓你自己和家人的健康。戒煙是為自己和家人所做最好的事。
 Smoking causes many diseases. It is hazardous to the health of your family and yourself. Quitting smoking is one of the best things you can do for yourself and your family.

現在很多地方已成為禁煙區。在禁煙區內吸煙，不僅令人討厭，更屬違法行為。
 Nowadays, lots of places are designated no smoking areas. Smoking inside them may cause embarrassment and even prosecution!

戒煙好處，多不勝數
 Benefits of Quitting

當你成功戒煙，你可以：
 If you quit successfully, you can

- 減低患上心臟病、中風及多種癌症的機會。 Reduce the risk of getting heart disease, stroke or many cancers.
- 改善嗅覺及味覺功能。 Improve your sense of taste and smell.
- 保護家人免受二手煙危害。 Protect your beloved ones from the harm of second-hand smoke.
- 節省醫療開支。 Save money.
- 除去身體及衣服上的難聞煙味。 Get free from the foul smell of your body and clothes due to smoking.
- 防止手指及指甲上的焦油積聚。 Get rid of the tar stains on hands and fingernails.
- 建立一個健康的自己。 Establish a healthy you.

「為自己、為家人，踏出戒煙第一步」
 For Your Family & Yourself, Start To Quit!

● 及早訂下戒煙日期，並爭取家人和朋友的支援及協助。
 Set a quit date as soon as possible, and get support and help from your family and friends.

● 棄掉所有煙癮產品、煙灰缸及打火機。
 Discard all cigarettes, ashtrays and lighters.

● 盡量遠離有人吸煙的地方。
 Stay away from places where people smoke.

● 戒煙人士切勿吸煙，並請告知家人。
 Say no to those who offer you cigarette.

● 向戒煙專員、醫生或藥劑師、戒煙與我們聯絡。
 Get more information from health care professionals or tobacco control officer.

提供戒煙服務的機構
 Organizations Providing Smoking Cessation Services

- 衛生署 Department of Health
- 東華三院 Tung Wah Group of Hospitals
- 醫院管理局 Hospital Authority
- 博愛醫院 Pok Oi Hospital
- 香港大學 The University of Hong Kong

戒煙服務
 Smoking Cessation Programme

- 1 評估 Assessment
- 2 輔導 Counselling
- 3 藥物治療 (包括尼古丁及非尼古丁替代療法) Medication (including Nicotine and Non-Nicotine Replacement Therapy)
- 4 中醫針灸 "Acupuncture"
- 5 跟進 Follow up

● 博愛醫院戒煙服務 Pok Oi Smoking Cessation Service using Traditional Chinese Medicine
 ● 衛生署戒煙服務 Department of Health Integrated Smoking Cessation Service using Traditional Chinese Medicine

衛生署綜合戒煙熱線
 Department of Health Integrated Smoking Cessation Hotline
1833 183

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Announcements in the Public Interest

政府電視宣傳短片



Smoke-free Ambassador

無煙大使



Cessation messages and hotline

戒煙訊息及熱線



Information Sheet

小冊子

海底隧道巴士轉乘處法定禁煙區範圍
Statutory No Smoking Areas in Cross-Harbour Tunnel Bus Interchange

香港理工大學
Hong Kong Polytechnic University

香港
HONG KONG ROAD

輔蓮道
CHEONG WAN ROAD

梳士巴利道
SALISBURY ROAD

收費站 Tollgate

往紅磡車站
To Hung Hom Station

往紅磡車站
To Hung Hom Station

備註 Remarks:
1. 公眾地方範圍內餐廳及指定教育機構(包括大學)的室內禁煙範圍, 室內禁煙區在公眾地方及指定教育機構(包括大學)內亦屬法定禁煙區。Indoor areas in public places and specified educational establishments including university are also statutory no smoking areas.
2. 本冊子只供參考, 一切有關法例條文的內容, 均以法例原文及刊登憲報為準。This pamphlet is for reference only. Should there be any discrepancies between the contents of this pamphlet and that of the Laws of Hong Kong, the ordinances and gazette plan shall prevail.

戒煙熱線 Quitline
1833 183
查詢及投訴熱線 Enquiry and Complaint Hotline
2961 8823
傳真 Fax
2575 8944
網站 Website
www.tco.gov.hk

由2016年3月31日起, 海底隧道巴士轉乘處指定為禁煙區, 任何人不得在禁煙區吸煙或攜帶燃著的香煙、雪茄或煙斗, 違者定額罰款港幣\$1,500。

其圖則已上載到衛生署控煙辦公室的網頁(www.tco.gov.hk), 公眾亦可到土地註冊處查詢圖則的正本。控煙辦公室已在該巴士轉乘處禁煙區內的顯眼處展示禁煙標誌, 提醒市民禁煙規定。

有關該巴士轉乘處指定禁煙區的資料可參考《吸煙(公眾衛生)條例》(第371章), 你可以登入律政司雙語法冊(www.legislation.gov.hk)查詢法例全文。

Smoking ban is in force in Cross-Harbour Tunnel Bus Interchange with effect from 31 March 2016. No person shall smoke or carry a lighted cigarette, cigar or pipe in no smoking areas, or else will be liable to a fixed penalty of HK\$1,500.

Its plan is posted on the website of the Tobacco Control Office of the Department of Health (www.tco.gov.hk). The public may also inspect the original of the plan in the Land Registry. No smoking sign is displayed at conspicuous locations within the no smoking areas of tunnel bus interchange to remind public of the smoking ban.

Please refer to the Smoking (Public Health) Ordinance (Cap. 371) for details of designated no smoking areas in bus interchanges within tunnel areas. The full text of the Ordinance can be accessed at the Bilingual Laws Information System of the Department of Justice (www.legislation.gov.hk).



海底隧道巴士轉乘處禁止吸煙
No Smoking in
Cross-Harbour Tunnel Bus Interchange
定額罰款 Fixed Penalty HK\$1,500

