

[DH launches Quit in June campaign in support of World No Tobacco Day \(with photo\)](#)

On World No Tobacco Day today (May 31), the Director of Health, Dr Constance Chan, called on smokers to attempt to quit in order to reduce their risk of tobacco-related diseases and death. The DH also launched the Quit in June campaign running throughout June to promote tobacco-free life, and reminded members of the public of the increased risk of developing severe coronavirus disease 2019 associated with smoking.

The World Health Organization has marked May 31 as World No Tobacco Day annually to highlight the health risks associated with tobacco use and advocate effective tobacco control policy to reduce tobacco consumption.

Addressing the Smoke-free Publicity Programme for World No Tobacco Day today, Dr Chan said, "Quitting is beneficial to smokers of all ages and brings immediate and long-term health benefits. Smokers who stay tobacco-free for four weeks would be five times more likely to quit for good."

Dr Chan added, "The Department of Health (DH) subvents a number of non-governmental organisations to provide a wide range of free smoking cessation services and support. Smokers can also make use of the mail-to-quit service from these service providers to have stop-smoking medicines delivered to their homes by post."

Smokers are urged to call the Quitline (1833 183) or visit the designated website www.livetobaccofree.hk for more information on quitting and the available supporting tools and services. They can also download the "Quit Smoking" mobile app to keep track of their progress in quitting and get tips to deal with cravings and stay tobacco-free.

In response to World No Tobacco Day, a spokesman for the DH also cautioned against the use of any alternative smoking products such as heated tobacco products. "These products contain amounts of nicotine similar to those of cigarettes in order to sustain tobacco addiction. Smokers should seek smoking cessation support with proven effectiveness and safety," the spokesman said.

