

當有人在你身邊吸煙，或當你進入一個經常有人吸煙的房間內，你曾否感到眼睛刺痛、鼻子和喉嚨不適？即使你離開了一個容許吸煙的地方後，你曾否發現到你的衣物還殘留著一陣煙草氣味？如果答案是肯定的話，你很可能已非自願地吸入了二手煙。

什麼是二手煙？

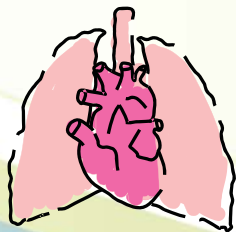
二手煙是由香煙、煙斗或雪茄燃燒時飄散出來或吸煙者抽煙時呼出的一種混合煙霧。在許多吸煙的場所中二手煙是最常接觸到的污染物。抽煙時噴出的煙霧散發超過4,000種氣體和粒子物質，大部分這些物質都是很強烈的刺激物，其中至少有40種在人類或動物身上可致癌。二手煙中所含的粒子是尤其危險的，因為在停止吸煙後，這些粒子仍能停留在空氣中數小時，可被其他非吸煙人士吸入體內，亦可能和氫氣的衰變物混合一起，對人體健康造成更大的傷害。

二手煙如何危害健康？

當吸煙危害吸煙者本身健康的同時，二手煙也影響非吸煙者。除了刺激眼、鼻和咽喉外，它也會：

- 明顯地增加非吸煙者患上肺癌和心臟疾病的機會。
- 大大增加兒童患呼吸疾病的機會。如果兒童與一些吸煙人士同住的話，他們的呼吸系統會較容易受到感染。其他影響包括增加咳嗽、氣喘、痰多、損壞肺部功能和減緩肺部發育。

根據本地研究發現，如果在一個家庭中，有一個或以上的同住成員吸煙，兒童會有較大機會患上呼吸疾病。如果丈夫有吸煙的習慣，妻子即使本身不吸煙也會較容易患上肺癌。



如何保障自己及他人避免受二手煙的影響？

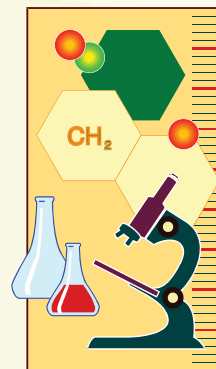
由於二手煙並沒有一個絕對的安全標準，最佳保障自己健康的方法便是遠離二手煙源頭。無論你是否吸煙人士，也可減低二手煙對你和他人的影響：

- 如你有吸煙的習慣，最好戒除它。
- 如你沒有吸煙的習慣，應該避免逗留在容許吸煙的地方，以及鼓勵你的朋友和家人不要吸煙。
- 如果你是物業經理，應該在你管轄的範圍內切實執行非吸煙政策。



如何測量室內的二手煙？

二手煙的濃度是可以測量的，但這樣做既困難又昂貴。要省回這筆開支，最簡單的地方就是堅持在家中或工作地點禁止吸煙。無論如何，在決定測量二手煙的濃度前，請先研究各種可行措施以消除二手煙的源頭。如你決定要量度二手煙的濃度來辨別你家中或辦公室是否存有二手煙問題，應請教專業環境人士。



如想得到更多資料，請聯絡：

室內空氣質素資訊中心
香港九龍塘達之路78號生產力大樓一樓
電話：2788 6177
傳真：2788 6181
電郵：enquiry@iaq.gov.hk
網址：<http://www.iaq.gov.hk>

二手煙與你

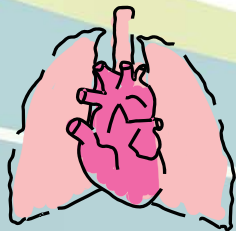
ENVIRONMENTAL TOBACCO SMOKE and You



Have you ever experienced irritation of the eyes, nose and throat when someone was smoking beside you or when you entered a room where people smoked incessantly? Have you ever noticed your clothes have lingering tobacco smell after you had left a place where smoking was allowed? If the answer is yes, you probably have been exposed to Environmental Tobacco Smoke (ETS) involuntarily!

WHAT IS ETS?

ETS is a mixture of the smoke given off by the burning end of a cigarette, pipe, or cigar, and the smoke exhaled by the smoker. It is a complex pollutant to which people are frequently exposed indoors where smoking occurs. More than 4,000 gaseous and particulate substances are emitted in the ETS during a puff of the tobacco products. Many of these substances are strong irritants and at least 40 are known to cause cancer in humans or animals. The particulates in ETS are also hazardous because they are inhalable and can remain airborne for hours after smoking stops. They might attract radon decay products thus presenting an even greater health risk.



HOW HAZARDOUS IS ETS TO HEALTH?

While smoking is hazardous to the health of smokers, ETS also affects non-smokers. Other than causing eye, nose and throat irritation, it would:

- significantly increase the risk of lung cancer and heart diseases in non-smokers.
- substantially increase respiratory illness in children. Children who live in households where there are smokers are more likely to have respiratory infections. Additional effects include increases in coughing, wheezing, sputum production, impaired lung function and slower lung growth.

Local studies also found that children living in a home with one or more smoking family members have a higher risk of respiratory problems, and that non-smoking women have increased risk of lung cancer if their husbands smoke.

HOW CAN I PROTECT MYSELF AND OTHERS FROM ETS?



As no absolute safe level could be identified for ETS, the best way to protect yourself is to stay away from ETS sources. You can help reduce the impact of ETS no matter whether you are a smoker or non-smoker:

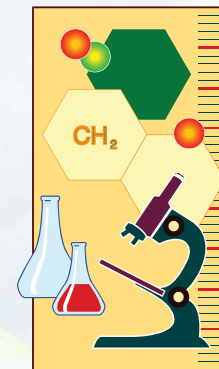
- If you are a smoker, you should quit smoking.
- If you are a non-smoker, you can choose to stay away from areas where smoking is allowed and

encourage your friends and family members not to smoke.

- If you are a building manager, you should strictly implement the 'no smoking' policy.

HOW CAN I MEASURE INDOOR ETS?

ETS can be measured but it is difficult and expensive to do so. You could save this expense simply by insisting on no smoking in your home or work place. In any case, please explore all possible measures to get rid of the ETS sources before deciding if measurements should be made. If you really want to make measurements to determine whether your home or office is suffering from a significant ETS problem, you should seek help from environmental professionals.



For more information, please contact:

Indoor Air Quality Information Centre
1/F, HKPC Building, 78 Tat Chee Avenue
Kowloon Tong, Hong Kong
Telephone: 2788 6177 Facsimile: 2788 6181
E-Mail: enquiry@iaq.gov.hk
Web Site: <http://www.iaq.gov.hk/>