

選擇語言 Select Language

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

選擇服務 Select Service

1 聯絡衛生署職員查詢戒煙資料及服務*
Talk to staff of the Department of Health for smoking cessation information and services*

2 查詢或預約戒煙服務
Obtain information or book appointment for smoking cessation services

由不同機構提供免費戒煙療程
(包括戒煙藥物、中醫針灸及電話輔導)
Free smoking cessation programmes provided by different organisations (including drugs, acupuncture and phone counselling)

*於辦公時間內
*during office hours

3 戒煙資訊
Information on Smoking Cessation

1 戒煙藥物的種類及使用方法
Types of Smoking Cessation Drugs and Method of Use

- 1. 戒煙香口膠 Nicotine Gum
- 2. 戒煙貼 Nicotine Patch
- 3. 戒煙糖 Nicotine Lozenge
- 4. 瓦倫尼克林 Varenicline

2 戒煙小貼士及資訊
Tips and Information on Smoking Cessation

- 1. 戒煙小貼士 Tips on Smoking Cessation
- 2. 退癮徵狀 Withdrawal Symptoms
- 3. 吸煙與你 Smoking and You
- 4. 二手煙與你 Secondhand Smoke and You
- 5. 水煙的禍害 Hazards of Waterpipe Smoking
- 6. 電子煙 Electronic Cigarette
- 7. 加熱煙 Heated Tobacco Products

3 聯絡衛生署職員*/留言
Talk to staff of the Department of Health*/Leave voice message

4 尼古丁依賴程度測試
Nicotine Dependency Assessment

5 查詢有關控煙法例
Enquire about Tobacco Control Legislation

衛生署戒煙熱線 Department of Health Quitline

1833 183

24小時電腦來電處理系統
Round the clock computerised call handling system

專業電話輔導
Professional Counselling

戒煙服務轉介
Referral to Smoking Cessation Services

尼古丁依賴程度測試
Nicotine Dependency Assessment

戒煙資訊
Information on Smoking Cessation



戒煙流動應用程式
Quit Smoking Mobile App

www.livetobaccofree.hk