

# Public urged to live tobacco-free for their own health and that of loved ones

In support of World No Tobacco Day today (May 31), the Department of Health (DH) reminded members of the public that smoking causes cancers and many chronic diseases, and called on smokers to quit as early as possible for their own health and that of their families and friends.

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

"It is well established that smoking causes cancers which may result in permanent damage that seriously affects basic bodily functions, such as eating, excreting and speaking. To raise public awareness of smoking-related cancers and their consequences, a territory-wide publicity campaign was launched to tie in with this year's World No Tobacco Day and encourage smokers to quit," a spokesman for the DH said.

"According to available research on the association of smoking and severe cases of COVID-19, it was found that smokers have about 1.4 to 2.4 times the risk of developing severe COVID-19 infection compared to non-smokers," the spokesman added.

Smokers are urged to visit the newly launched website [www.livetobaccofree.hk](http://www.livetobaccofree.hk) or call the Quitline (1833 183) for more information on quitting and the available supporting tools and services. They can also download the new Quit Smoking Mobile App to keep track of their progress on quitting and get tips to deal with cravings and stay tobacco-free.