

No Smoking Areas According to  
**Control of Tobacco Product  
Regulations 2004**  
Sub regulation 11(1) –  
**PLACES WHERE SMOKING IS  
PROHIBITED**

- Entertainment centre or theatre
- Hospital or clinic
- Public lift or toilet
- Air-conditioned eating place or shop
- Public vehicle or public transport terminal
- Any building specified by the Minister by notification in the Gazette under regulation 22
- Airport
- Government premise
- Area used for any assembly activity in a building other than private or residential building
- Educational institution or higher educational institution
- Nursery
- School bus
- Service counter in the building specified in the Second Schedule
- Shopping complex
- Petrol station
- Stadium, sports complex, fitness centre or gymnasium
- Building or public place used for religious purposes
- Library
- Internet cafe
- National Service Training Centres (PLKN)

***Second Hand Smoke  
is Harmful to Your  
Health and Affects  
Your Work  
Performance***

***Voice Out Your  
Right To Enjoy  
Clean Air Free From  
Cigarette Smoke!***



Be Healthy For Life

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SIRI TAK NAK MEROKOK

**SECOND HAND SMOKE  
ENDANGERS LOVED ONES  
AROUND YOU**

**SECOND  
HAND  
SMOKE**



**Infoline Berhenti Merokok  
03-8883 4400**

## WHAT IS SECOND HAND SMOKE?

Combination of side-stream cigarette smoke from lighted tips and mainstream cigarette smoke exhaled by smokers

## WHO ARE PASSIVE SMOKERS?

Those who do not smoke but are exposed to cigarette smoke at least 15 minutes for two days in a week (WHO).

Passive smokers run the risk of :-

- 30% increased chances of contracting lung cancer
- 25% increased chances of contracting heart diseases

## PASSIVE SMOKERS FACE A HIGH RISK OF EXPOSURE TO VARIOUS DISEASES

### Women

- Wives of smokers have a 30% higher risk of contracting lung cancer
- More exposed to cancer
- Lower fertility
- Early menopause
- Death and miscarriage of baby during pregnancy
- Birth of underweight and premature baby

### Children

- Susceptible to asthma
- Risk of lung infection
- Growth of lungs affected

### Friends

- Experience effects such as cough, sore eyes, nausea and headaches.
- If heart patients, susceptible to heart attacks whereas asthmatic patients will be prone to severe asthma attacks.

## YOUR RESPONSIBILITY!

IF YOU ARE A SMOKER –

- Take steps to stop smoking because it has negative effects on family, friends and loved ones.
- Ensure you do not smoke in no-smoking areas. If found guilty, you can be fined up to RM10,000 or imprisoned for up to two years.
- If you want to stop smoking, get help from the nearest quit smoking clinic. Call *Infoline Berhenti Merokok* at 03-8883 4400 for further information.

IF YOU ARE A NON-SMOKER –

- Advise smokers not to smoke around you.
- Voice out your right to be free from cigarette smoke.

**AMARAN** Rokok Penyebab



Kanser Mulut

Kelahiran Bayi Pra-matang

Kanser Leher

Penyakit Gangren

Keguguran Janin

Kanser Paru-paru