

Clerk to Bills Committee on Smoking (Public Health) (Amendment) Bill 2019  
Legislative Council Secretariat  
Legislative Council Complex  
1 Legislative Council Road  
Central, Hong Kong

Dear Mr. Kwok,

I am just an ordinary citizen in Hong Kong who wish to share my own story, a story of how heat not burn tobacco created an impact in my life. Not sure if anyone would actually read my story, but still, I write and submit my story to let my voice be heard.

I started smoking since I was in secondary school, a traditional Christian school which rank the top in Hong Kong. Staying in a traditional grammar school in Hong Kong is a lot of pressure, the school expected every student to be disciplined, punished those who do not behave to standards and never really spent enough time understanding the needs of each student . In order not to be labelled as a "bad" student, I tried hard to hide my habit of smoking and my habit was left successfully unnoticed at school. I had just 1-2 sticks after school, hiding from home as I was afraid being caught by my parents. After graduated from secondary and entered the university, I got to move to the school dormitory where I felt like I was being released from the jail. I could hang out with my schoolmates and friends, party everyday with alcohol and non-stop smoking. Smoking had become my habit, from 1-2 sticks a day turned into a whole pack per day. The situation remained through my important life stages of master degree and into my work life.

Not sure if I was drinking or smoking too hard, I started to feel unwell easily. Losing concentration and energy at work, nails and teeth turned yellow. Even received complaints from a department manager that I had heavy cigarette smell bringing back to the office all the time. Still, I could not quit smoking as it has already been part of my life, and I choose to smoke to release stress and chill with colleagues and friends. Until one day that I was smoking backstairs, one of my former colleague took out a device and started to inhale, which was something that I have never seen before. It immediately aroused my interest and I asked him about it, knowing that it is not an electronic cigarette but instead a heat not burn tobacco product. I tried a few puffs and amazed by its features of no fire, ash and smoke, at the same time can also give me the same satisfaction as I get from traditional cigarettes. After that the colleague and I went to the same meeting which I then realized there was no smell from my colleague's clothes, hands and hair while I had heavy cigarette smells. The department manager and colleagues even asked me to spray some perfume to cover the smell which made me very embarrassing. Ever since, I started to search for the information about such alternative tobacco products and switched to the heat not burn products 2 weeks after the "Meeting Incident". I would not say the product made me healthier, but it does change my life in many ways. For example, I no longer worry about the smell that would annoy my friends, family and colleagues. Also my teeth and nails no longer turn to yellowish, which is a really positive change that improve my appearance.

When I look back on my experience on smoking, if I receive proper attention and genuine care in my education in school, I could not have started or could have gone off my smoking habit. We all agree that smoking is bad for health and it's wrong for youth to start with. Prohibiting e-cigarettes and Heat not burn products won't reduce the temptation of school kids to pick up smoking, because the root cause

here is proper education and sensible regulation, NOT banning everything you think is bad and take away a better choice for those who needs them, like myself!

Now that the government has proposed the ban and I am really frustrated about it, I have fully adapted to the product already and do not want to switch back to the normal cigarettes. Seriously I would not know what to do if this come true, so do my friends who have switched to the product. I hope that the government would listen to our voice, at least regulate the products but not a full ban.

Yours sincerely,

Priscilla Tang

██████████@gmail.com

██████████

Ref Number: BBD371B7