

班是個調皮的小男孩，他常與小貓咪凱特、萬事通奧爾在空地玩，  
這天，沒想到小貓咪的家出現火光，整個屋子都瀰漫著煙霧。

到底是什麼害的貓咪家族痛苦難受？  
跟著班、凱特與萬事通奧爾揭開「煙霧」真相吧！

# 去去菸害

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圖／文 張瀞予









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搜索三手菸怪為本書互動設計，頁尾底部有張遮色片。

請小讀者們拿著神奇的遮色片，在書中找尋三手菸怪物藏身何處呢？

本書另有 STEAM 學習單與電子書線上版本，取得方式為免費下載，  
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班是個調皮的小男孩，有一天，他與玩伴小貓咪凱特在村裡地上發現許多菸蒂。

班想起凱特爸爸在家中吞雲吐霧的樣子。

「當大人一定很酷！」班心想。





那天豔陽高照，萬事通奧爾拿著冰淇淋，準備分享給班與凱特，就發現班站在台上表演抽菸。

「酷斃了！班。」一旁的凱特拼命鼓掌，也拿起一根棒棒糖，跟著班演起來。

「為什麼你會覺得抽菸很酷？」奧爾問。

「因為大人抽菸，看起來很帥！」凱特崇拜地說。

「而且好朋友要一起抽菸。」班驕傲地說。








「抽菸一點都不酷。因為菸會製造出許多危害健康的二手菸與三手菸怪物。而且這些菸怪會依附在身上，讓我們變成一個很臭的怪物。」奧爾說。

「怪物？可是我覺得抽菸的人看起來很帥？」班狐疑地說。

「因為菸草與煙霧都是可被發現的，例如用鼻子仔細聞一聞，就會感受到它的存在喔！」奧爾說。



The illustration depicts a village square with several buildings. In the center, a yellow dog sits on the ground. To the right, a house with a dark roof is on fire, with bright orange flames and smoke rising from its doorway. In the foreground, a small bird-like character and a larger character with a red, round head are running towards the fire. The buildings have various colored windows and doors, and the overall scene is set in a bright, sunny environment.

正當奧爾跟班討論的時候，凱特突然驚訝地大喊：「你看那裡！好像是我家的方向！？」

三個人趕緊往火光跑過去，發現屋子門口燃起熊熊烈火，窗戶裡面瀰漫煙霧。果然是凱特家！凱特不顧危險想要直接衝進去救出他的家人。奧爾請凱特先冷靜，立刻通知消防隊才是最安全有效的做法。





「班，你先打電話到 119 通報火災。」

「凱特去後面搬梯子。」奧爾說完就飛到後面，打開窗戶，發現凱特的妹妹、媽媽與爸爸安全地躲在房間內。

不到一會兒，火勢就在消防員的努力下，迅速撲滅。



「太可怕了……！不會是我抽菸造成的吧？」凱特的爸爸不安地說。  
凱特的妹妹一直流著眼淚，媽媽不停地打著噴嚏。  
班看到這個情境，小聲地說：「抽菸一點也都不酷……。」





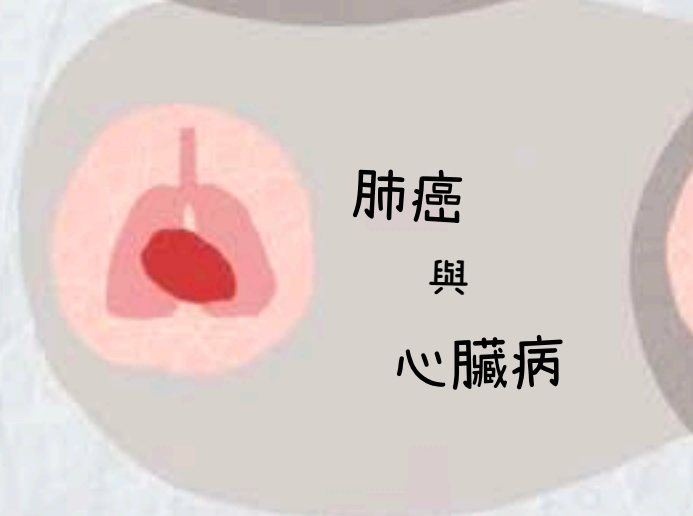
Dangerous 吸菸對身體的危害



口臭  
與  
蛀牙



皮膚  
紅疹  
發癢



肺癌  
與  
心臟病



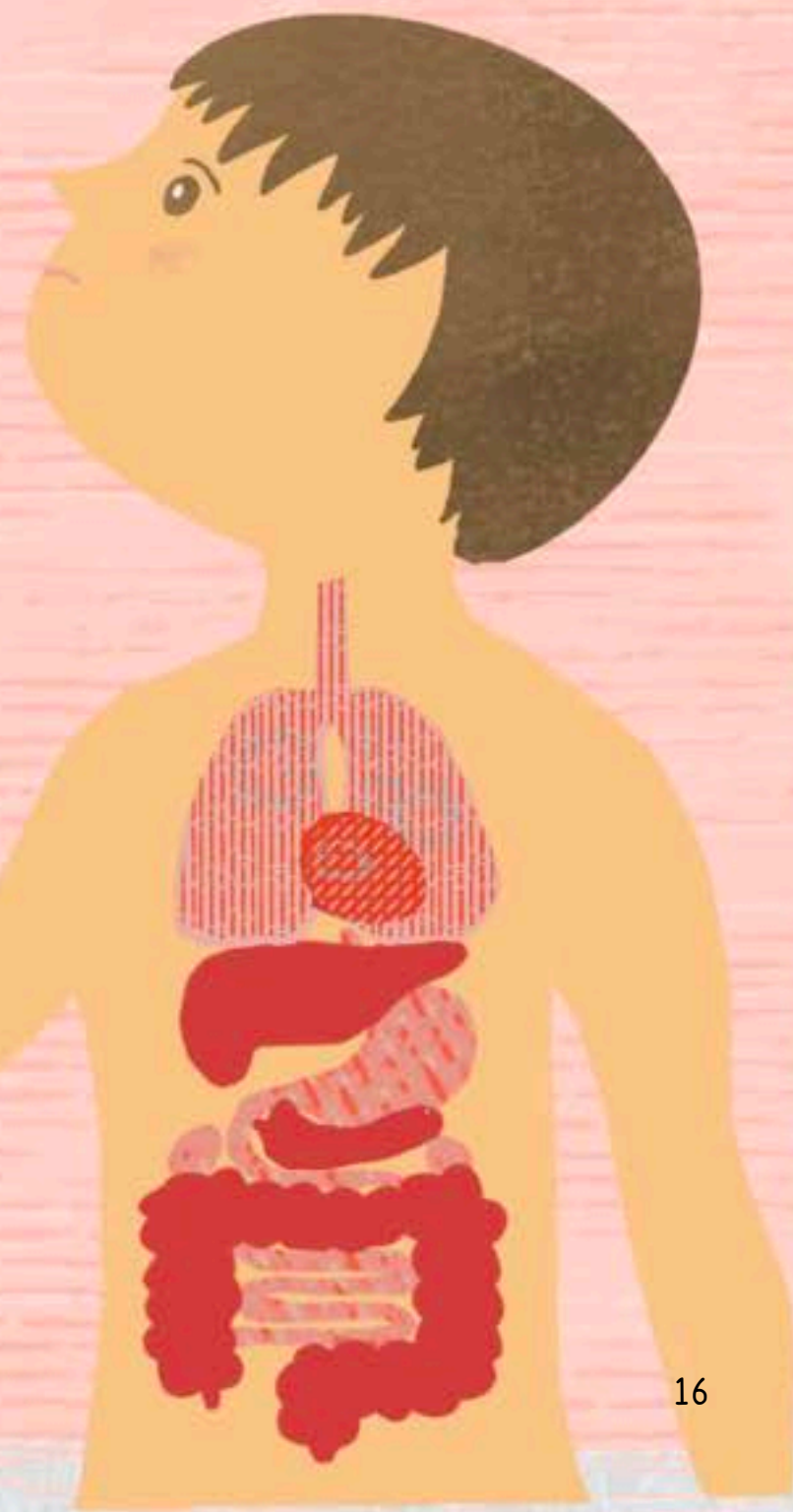
指甲  
變  
黃褐色



勤動手，  
找我看  
這裡有：雙料香  
煙，煙味在身體裡。



視力  
惡化



「抽菸的人除了自己變成一個臭怪物外，他殘留的菸蒂還非常容易造成火災。」

「你知道嗎？菸害怪物會對人類健康造成傷害。」







「這麼恐怖！那是不是不抽菸的人就沒事？」凱特問。

「不！抽菸不只傷害自己，也會傷害到別人！菸害怪物會進化成二手菸怪，對人體健康造成傷害。」奧爾說。







「要除掉二手菸怪還不簡單。」


班打開窗戶，喊：「去去！菸害！」

「除掉二手菸怪，還有三手菸怪。它有很強的粘附力，  
躲在生活環境裡的衣服、家具、窗簾跟地毯，伺機攻擊。」奧爾說。

「什麼！這菸害怪物居然這麼厲害！」班跟凱特嚇一跳。







電子煙 誠實安全

凱特的爸爸突然靈機一動。

「啊！我知道了！上次在賣場遇到騙子老鼠先生，  
他推薦電子煙，要不然改抽電子煙好了。」



奧爾再次抱頭，苦惱地說：

「他的名字就叫騙子了，你怎麼還相信他？」

凱特的爸爸急著回答：

「可是很多人都說電子煙很安全啊！」

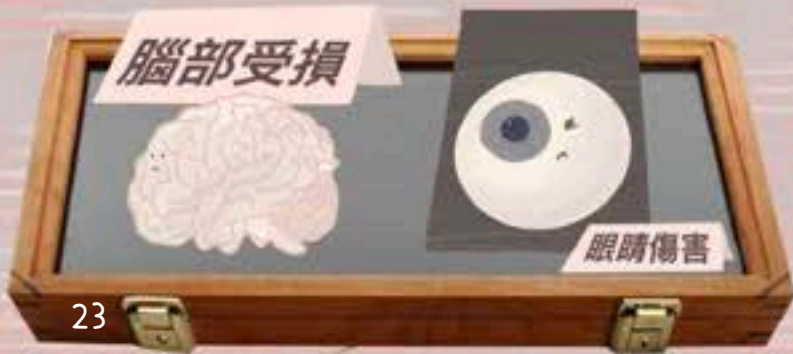
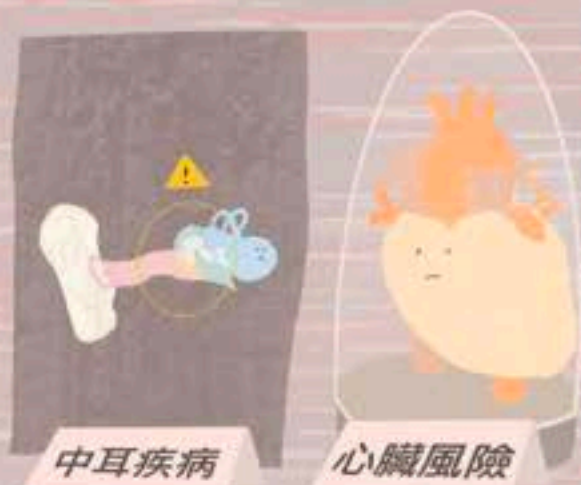
爸爸不服氣地拿出電子煙廣告單，說：

「而且你看！他說有各種口味，還可以幫助戒菸。」





## 電子煙的危害!



「不不不，其實電子煙被檢驗出來含有 164 種有毒物質及致癌物，而且大部分含會成癮的尼古丁，根本就不能幫助戒菸，若使用不當還會爆炸，一點都不安全。」奧爾說。

「這麼說來，不管是傳統菸或電子煙都很危險囉？」媽媽說。  
凱特的妹妹打著噴嚏還咳嗽。

媽媽對著爸爸說：

爸爸，  
不要再抽菸了好嗎？

爸爸嘆了一口氣。





凱特的爸爸想起每天下班那種疲憊，只有來一根菸，才覺得放輕鬆，

「戒菸，我之前從未想過啊！」

奧爾搭著凱特的爸爸說：「我們可以訂個目標慢慢來。從每天減量

開始，給自己三個月的時間，從一天1根、一週1根、一個月1根，

慢慢減少，抽菸習慣最後就會改變喔！」

爸爸歎口氣：「這真是太難了。」







班拿出手機查一查，開心地說：

「我們可以請專業的人來幫忙喔！你看，這裡有各縣市合作機構的戒菸服務。」

「也許，雙管齊下，  
給自己一個機會，也給家人健康的機會吧！」  
凱特與媽媽給疲憊的爸爸擁抱。

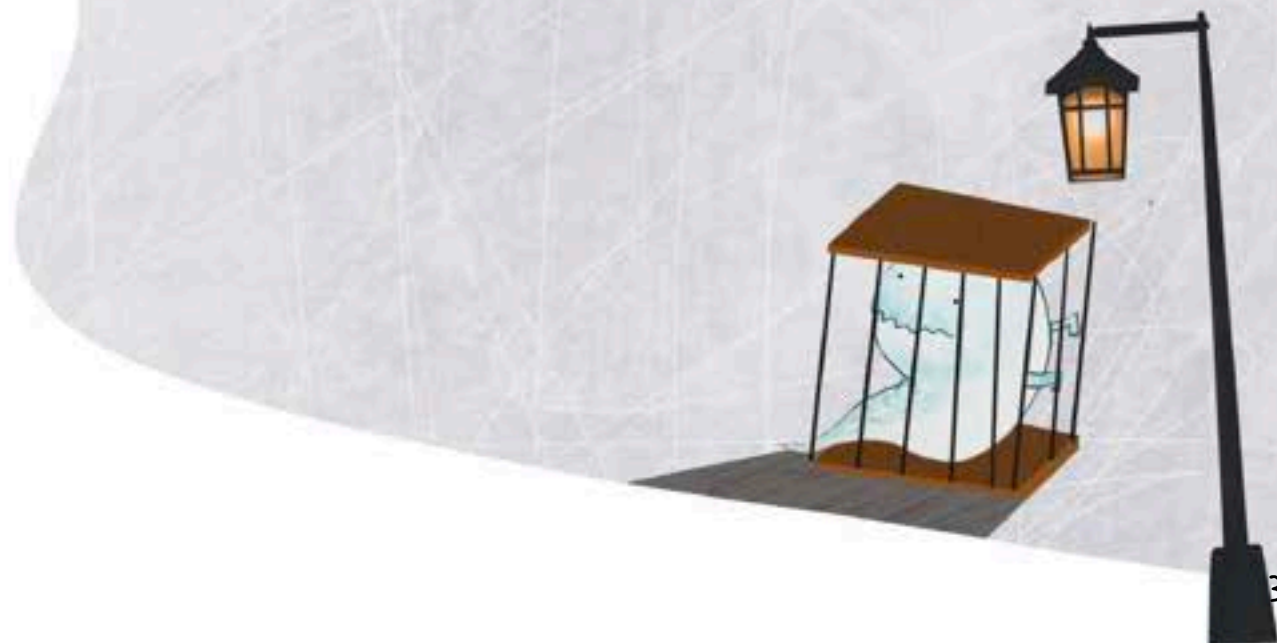






這時，旁邊路過一個抽菸的大叔。

所有人嚇得大叫：「**去去菸害**」





## 補充知識

P8

菸的有毒成分：

- (1) 尼古丁：  
是一種容易上癮的物質，會造成血壓升高、血管收縮、削弱免疫系統等。
- (2) 焦油：  
是一種焦黃色的黏性物質，令吸菸者手指及牙齒變黃，還會累積在氣管及肺中導致支氣管炎、肺癌、口腔癌。
- (3) 一氧化碳：  
會使血液減少 15% 的氧氣含量，使肺功能降低、血液循環受阻，造成體內缺氧。
- (4) 有毒物及致癌物：  
菸草中含有超過 7,000 種化學物質，其中 250 種是有毒的，至少有 93 種已知的致癌物。



31

P14

避免星火燎原：

- (1) 請勿於室內抽菸，吸菸時請遠離易燃物品。
- (2) 妥善處理菸蒂、菸灰，確認火源已經熄滅。
- (3) 菸蒂、菸灰以適當容器收集，並每天清理。
- (4) 請勸家人盡速戒菸。

P15

吸菸對健康的危害：

- 口腔：會造成口臭、損害味蕾、牙齒泛黃、蛀牙。
- 皮膚：皮膚粗糙、容易罹患乾癬，全身癢與紅斑。
- 指甲：指甲易成黃褐色，手指變黃、有菸味。
- 肺臟心臟：傷肺也傷心，導致咳嗽、氣喘、肺癌、胸悶、心肌梗塞、心臟病。
- 視力惡化：吸菸會使眼睛疾病惡化，加重白內障的機率並可能造成失明。



P17

二手菸 (Second Hand Smoke)

是指被動或非自願吸入的環境菸。含超過 250 種有害物質，會加重幼兒氣喘、支氣管炎、肺癌、中耳炎等呼吸道疾病。二手菸是室內霾害 (PM2.5) 的主要來源。吸菸者家中的細懸浮微粒 (PM2.5) 是非吸菸者家中的 10 倍。細懸浮微粒 (PM2.5) 是致癌物，與吸菸者同住得到肺癌的機率高出 20-30%。

P19

三手菸 (Third hand smoke)

指的是菸熄滅後在環境中殘留的污染物。含有尼古丁化學反應後產生的亞硝酸胺等 11 種致癌物，造成兒童認知能力的缺陷，增加嬰幼兒哮喘機率以及中耳炎的風險，尤其對常在家中爬來爬去的幼兒威脅最大。



P23

電子煙的危害：

- 腦部：大腦發育遲緩、智力損傷、注意力不集中、腦霧。
- 眼睛：視網膜異常。
- 肺部呼吸道：咳嗽、氣喘、胸痛、肺炎、電子煙肺傷害。
- 耳朵：中耳疾病、聽力受損。
- 心臟血管：心跳加快、血壓上升、心血管疾病風險、中風。

P27

戒菸計畫：

- (1) 訂出戒菸日。
- (2) 告知周圍親朋好友。
- (3) 條列戒菸後可能面對的問題和挑戰，列出來並思考解決方法。
- (4) 移除菸灰缸、張貼禁菸標誌等環境布置來減少誘惑。
- (5) 尋求其他醫療與專業協助。



32



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## 英文版 English Version



Ben is a very curious boy. One day, he and his friends, Cat, and Smarty the Owl, found many cigarette butts on the village's ground. This reminded Ben of Cat's dad smoking at home.

"It must be great to be a grownup!" Ben thought.



The sun was shining brightly that day. With an ice cream cone in hand, Smarty the Owl can't wait to share it with Ben and Cat. He then spotted Ben pretending smoking.

"Brilliant! Ben." Cat was cheering with applause by his side and copying him with a lollipop.

"Why do you think smoking is good?" Smarty the Owl asked.

"Because grownups do, and it looks great!" Cat said admiringly.

"And good friends should do it together," Ben said proudly.





"Smoking is not good at all. It would create a lot of secondhand and thirdhand smoke monsters that are hazardous to our health. These smoke monsters would follow us everywhere and turn us into smelly monsters" Smarty the Owl said.

"Monsters? But I think people who smoke look great?" Ben said suspiciously.

"Both tobacco and smoke could easily be found by smelling. You can easily feel them if they are here!" Smarty the Owl said.



Suddenly, Cat shouted in surprise: "Look! It looks like smoke coming from the direction of my house!?"

The three rushed to the direction where the fire came from and found the house was on blazing fire starting from the door. Thick smoke came out from the windows, too. It is Cat's home! Cat wanted to rush in to rescue his family desperately. Smarty the Owl calmed him down, and then called the firefighters to help immediately - the highest priority, the safest and the most effective approach.



"Ban, call 119 to report the fire."  
"Cat, go fetch the ladder from the back door." Flying to the back and opening the window, in no time Smarty the Owl found Cat's sister, his mum (mom) and dad stayed safely in the room.

After a while, the fire was quickly put off by the firefighter.



"It's horrible...! Was it me?" Cat's dad said uneasily.  
Cat's sister was in tears, and her mum couldn't help but keep sneezing.  
Shocked by this situation, Ben talked to himself, "it's never good to smoke at all..."





"Not just turning you into stinky monsters, cigarettes can cause fires easily."  
 "Did you know smoke monsters can cause hazards to human health?"

P16 Can you spot smoke monsters hiding in the body?



"It's so scary! Does it mean if we don't smoke, we shall be fine?" Cat asked.  
 "No! Smoke monsters would turn into secondhand smoke monsters, hiding in every corner of the house, causing harm to other people who don't even smoke." Smarty the Owl replied.



"It's not that difficult to get rid of secondhand smoke monsters." Ben opened the window and shouted, "Go away! Smoke monsters!"

"Not just secondhand smoke monsters, there are thirdhand smoke monsters. It can be embedded in soft surfaces such as clothing, curtains and carpets, and settle on furniture in our living environment, posing threats to our health." Owl said.

"Wow! The smoke monsters are so fierce!" Ben and Cat were astonished.



Suddenly, something came to Cat's dad's mind. "Ah! No Wonder! Last time I met Mr Liar the Mouse in the shop, he strongly recommended me e-cigarettes. Perhaps I could switch to e-cigarettes."

Smarty the Owl frowned and angrily said, "His name is Mr Liar the Mouse. How can you still trust him?"

Cat's dad replied in no time, "But many people said that e-cigarettes are quite safe!"

Unconvinced, he took out the e-cigarette advertisement and said, "Look! It says that various flavors available and the way to quit smoking."





"No, no, no. E-cigarettes contain 164 kinds of toxic substances and carcinogens. Most of them contain addictive nicotine, so they cannot help you to quit smoking at all. Even more, it might explode if used improperly. It is NOT safe at all." Smarty the Owl said.

"So both traditional cigarettes and e-cigarettes are harmful, right?" Mum asked.

Cat's sister sneezed and coughed. Cat's mum said to Cat's dad, "Dad, stop smoking, okay?" Cat's dad sighed.



Cat's dad thought of how tired he was after work every evening. Only cigarettes could make him feel better. "Quit smoking, Well. I've never thought about that before."

Smarty the Owl said to Cat's dad, "We can make a quit plan and do it step by step, starting by reducing the numbers of cigarettes every day. Give yourself three months, from once a day, then once a week, and finally once a month. By doing so, you can change the smoking habit eventually."

Cat's dad sighed, "It is just so hard."



Ben checked his mobile, then said happily, "We can ask professionals for help! You see, here is the list of quit-smoking services provided by cooperative institutions in different cities."

"Well, let's try both. Give yourself and your family a chance to be smokefree and healthy!" Cat and Cat's mum gave the tired dad a big hug.



At that time, a smoking man walked by. Everyone screamed "Go away! Smoke Monsters!"



