



IN ONE  
SESSION OF  
SMOKING  
**SHISHA**  
YOU INHALE UP TO  
**200**  
TIMES MORE SMOKE  
THAN FROM A  
CIGARETTE



Smoking shisha  
is **NOT** a safe  
alternative to  
cigarettes.  
Pass it on.

# The facts about shisha

Did you know that smoking shisha can pass on diseases such as herpes, hepatitis and tuberculosis? Shisha smokers are also at risk from the same kind of diseases as those caused by cigarette smoking, including cancer and heart disease.

**FACT**

Shisha smoke contains high levels of chemicals and poisons, including carbon monoxide and tar.

**FACT**

Many of these chemicals are known to cause mouth and lung cancers, heart disease, respiratory and other diseases.

**FACT**

Even though it has passed through water, the levels of toxins in shisha smoke can be as high or higher than in cigarette smoke.

**FACT**

In a shisha session lasting 60 minutes, a smoker can inhale as much smoke as a cigarette smoker would inhale from 100 - 200 cigarettes.

**FACT**

Secondhand smoke from shisha is an extremely harmful mixture of tobacco smoke and smoke from the fuel (charcoal).

**FACT**

Non-smokers, particularly pregnant women, babies, children and the elderly, are at risk when breathing in shisha smoke.

**Using a waterpipe to smoke tobacco is NOT a safe alternative to cigarette smoking.**

For more information on the dangers of shisha, or help to quit smoking, call **0800 328 6297** or visit [www.quitsquad.nhs.uk](http://www.quitsquad.nhs.uk)