



## Shisha (Waterpipe) Smoking Factsheet for

# Young People

### What is in shisha tobacco?

Shisha tobacco is usually a combination of tobacco prepared in molasses and flavoured with fruit flavours. Shisha smoke contains large amounts of substances which are harmful to your health, including nicotine, carbon monoxide, tar and other toxins. The water in the shisha does not remove the toxins. The fruit flavour does not make it a healthy choice.

### Is shisha harmful?

**YES!** Shisha smoke is toxic. It contains chemicals, including carbon monoxide and tar, which are bad for your health and the health of those around you.

#### **45 minutes of shisha = 100 cigarettes**

In the short term, shisha can:

- Increase your heart rate
- Increase your blood pressure
- Reduce your lung capacity
- Reduce your fitness
- Cause carbon monoxide poisoning

Shisha can also stain your teeth and affect your sense of taste and smell.

In the long term, shisha can lead to:

- Head, neck, lung and other cancers
- Heart disease
- Lung disease
- Early ageing

### Are tobacco-free and herbal shisha products safe?

**NO!** Tobacco-free or herbal shisha products can be just as harmful. The smoke from the wood or charcoal includes carbon monoxide and other cancer causing chemicals. It has similar toxins to tobacco products.

***Smoke from tobacco-free or herbal shisha products is harmful.***

### What is a shisha?

A shisha is a smoking device that is also known as a nargila, argileh, waterpipe or hookah.

It is made up of four parts: the head, body, bowl and hose. The smoker breathes in through the mouthpiece in the hose. Smoke is drawn from the head, down the body, through the water in the bowl and into the mouth.

### Do you share shisha?

Shared mouthpieces and hoses may pass on diseases including herpes, hepatitis and lung infections.

***“I don’t smoke shisha but my friends and family do: can second-hand shisha smoke affect my health?”***

**YES!** Second-hand smoke is harmful even in outdoor areas. The toxins in shisha tobacco are also present in shisha smoke. Breathing in even small amounts of shisha smoke can increase your risk of heart disease, lung cancer and other lung diseases. It can also worsen asthma and bronchitis.

# Shisha FACTS

Fruit flavourings mask the taste of **toxic substances** and do not make it a healthy choice

**Shisha** tobacco contains nicotine, which is an **addictive drug**

Toxins are **not** filtered out by the water in shisha

All forms of tobacco and tobacco related products are harmful

**45** minutes of shisha smoking is equal to smoking **100** cigarettes



## What are the current shisha laws in NSW?

All forms of smoking are banned in NSW **enclosed public spaces**, such as:

- workplaces
- cafes
- restaurants
- shopping centres
- trains and buses

All forms of smoking are banned in NSW in certain **outdoor public spaces**, such as:

- outdoor seated dining areas
- sports grounds
- swimming pools
- public transport stops

All forms of smoking are banned in NSW **within four metres** of:

- entrances to public buildings, such as cafes and restaurants
- outdoor seated dining areas

All forms of smoking are banned in NSW **within 10 metres** of:

- children's outdoor play equipment
- food fair stalls



## Where can I find more information and get help?

**iCanQuit**

[www.icanquit.com.au](http://www.icanquit.com.au)

**ShishaNoThanks**

[www.shishanothanks.org.au](http://www.shishanothanks.org.au)

**Lebanese Muslim Association  
Quit Smoking Clinic: 0420 915 528**

**Quitline: 13 7848**

Quitline in other languages

Arabic: 1300 784 803

Chinese (Cantonese/Mandarin): 1300 784 836

Vietnamese: 1300 784 865

**Tobacco Information Line: 1800 357 412**

You can use an interpreter to contact services by calling the Translation & Interpreting Service (TIS) on 13 1450, tell them your language and ask to be connected.