

Shisha (Waterpipe) Smoking Factsheet for

COVID-19

Shisha & your health

Shisha tobacco is usually a combination of tobacco prepared in molasses and fruit flavourings. Smoke from shisha contains large amounts of nicotine, carbon monoxide, tar and other toxins. Tobacco causes cancers, lung diseases and increases your risk of heart attacks and strokes.

Tobacco free or herbal shisha products also contain harmful chemicals. The smoke from the wood or charcoal includes carbon monoxide and other cancer causing chemicals.

Smokers are also more vulnerable to viral infections, tuberculosis, and other infectious diseases including COVID-19.

What is COVID-19?

COVID-19 is a new virus that can cause fever, cough, sore throat, runny nose, and a loss of taste and smell. COVID-19 can also damage your heart, lungs and brain and increase your risk of longer-term health problems.

Shisha smoking can increase your risk of getting COVID-19 and other infectious diseases.

How does shisha increase the risk of COVID-19?

- Shisha is often smoked in group settings where it may not be possible to remain 1.5 metres apart
- Shisha is often passed around from person to person, which can lead to the virus spreading. COVID-19 can remain on surfaces for long periods.
- COVID-19 can be transmitted through shared mouthpieces and hoses.
- Changing the mouthpiece does not remove the risk of COVID-19.

Shisha smoking can also cause inflammation in your body which can worsen the symptoms of COVID-19.

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.

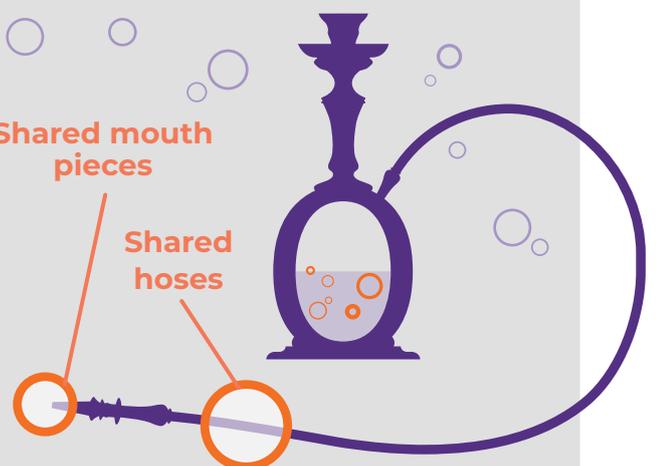
Reducing your risk

The best way to reduce your risk of getting COVID-19 from shisha is to say "Shisha No Thanks" Visit www.shishanothanks.org.au for more information.

Shisha smoking may increase your risk of COVID-19 infection through:

Shared mouth pieces

Shared hoses



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

ShishaNoThanks

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.