



QuitTM

Shisha and your health

Shisha is a way of smoking tobacco using a waterpipe (also called hookah, narghile, argchile, hubble bubble or goza). Moist and flavoured tobacco is heated with burning charcoal or electric heating, the smoke passes through water and is breathed in through a hose and mouthpiece.

Why is shisha harmful?

Shisha smoke has about 300 different chemicals including nicotine, which is very addictive. Compared to smoking one cigarette, during a one-hour shisha session, someone will breathe in around:

2-3x

the amount
of nicotine

11x

the amount of
carbon monoxide

25x

the amount
of tar

100x

more lead

Shisha can cause:

- increased blood pressure and heart rate
- stroke, heart disease and lung disease
- lung cancer and other cancers
- worse asthma in children
- problems in pregnancy.

All types of shisha are dangerous, including electronic shisha.

Sharing hoses or mouthpieces can also spread infections.

Shisha can harm others around you

Shisha smoke can cause serious health problems when breathed in. Shisha smoke is harmful to you and the people nearby including pregnant people, babies and children.

Benefits of quitting



Your lungs
get healthier



You are
less likely to get
heart disease,
cancer or have
a stroke



You help keep
your family and
community
healthy



You save
money

Get help to quit

If you or someone you care about smokes or uses shisha, help to quit is available.

1. **Call Quitline on 13 7848** for free counselling to help you quit nicotine pouches, smoking or vaping. You can ask for an interpreter in your language.

Scan the QR code
for more information.



You can also
message us on WhatsApp **+61 385 832 920**.

2. **Talk to your trusted health professional**
They can explain quit options and help you contact Quitline.
3. **For help in your language:**

quit.org.au



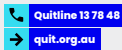
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