

Shisha: It's not as glamorous as you think.

Smoking shisha is just as risky as any other form of smoking – you expose yourself to dangerous, even deadly chemicals like carbon monoxide, tar, arsenic and lead.



Half a litre of toxic smoke

With each puff of shisha, you're taking more than half a litre of toxic smoke straight into you lungs.*



Like smoking more than 100 cigarettes

An hour of smoking shisha is estimated to be the same as smoking 100-200 cigarettes.**



Sharing infectious diseases

If you share a shisha mouthpiece you could catch or pass on infectious diseases such as flu, colds, coronavirus, tuberculosis, herpes, and hepatitis.



Hit with a £50 fine

If you're caught smoking shisha in an enclosed public space, you will be given a Fixed Penalty Notice with a fine of up to £50 – even if you've bought it at a shisha venue.



We're here to help whether you want to quit, switch or cut down.
Visit **smokefreesheffield.org**

*World Health Organisation | **Journal of Pharmacology Biochemistry & Behaviour



**Smokefree
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