

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



This is what you need to know

When you smoke,
you expose yourself
to **dangerous**, even
deadly chemicals
like **carbon monoxide**,
tar, **arsenic** and **lead**.



With each puff of shisha more than half a litre of toxic smoke goes into a smoker's lungs.*

The water in the shisha pipe **does nothing** to get rid of the harmful chemicals.

*World Health Organisation

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

Even sitting with a smoker exposes you to harmful smoke.



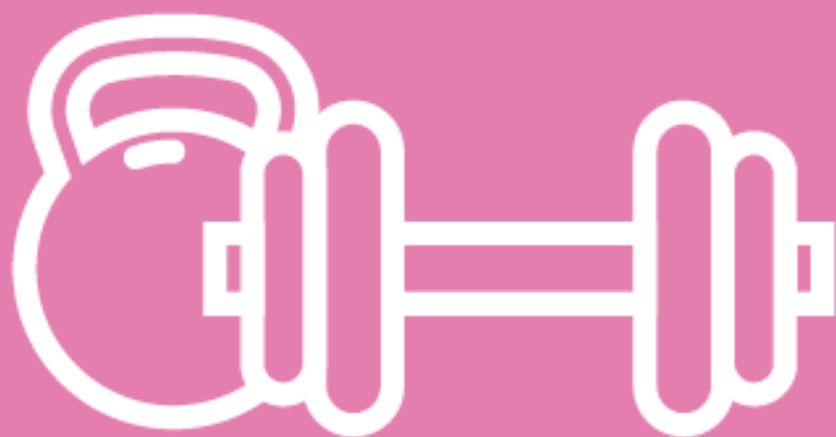


**All tobacco smoke
contains nicotine –
one of the most addictive
drugs in the world.**

It keeps you going back for
more and more and more.

*Journal of Pharmacology
Biochemistry & Behavior

You may notice keeping fit is harder because of the damage that smoking is doing to your body.





**Smoking can make it
more difficult to get
pregnant in the future.**

**There are loads of places
to socialise without being
exposed to smoke.**

Find out what's happening
in your local area.



Activities in your area

**It's against the law
to smoke shisha in an
enclosed public space.**

The offence carries a
fixed penalty of £50.
Legal proceedings can
also be taken against
the owner, occupier or
manager of the business.



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**There are plenty of
benefits to both your
health and your pocket
if you quit.**

**You're three times more
likely to quit with support.**

Know the risks. Is it still worth it?

**When you are ready to quit,
switch or cut down, visit
smokefreesheffield.org**



**Smokefree
Sheffield**

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