



Don't get hooked

Shisha contains **toxic chemicals** which can cause cancer and are as harmful to your lungs and heart as cigarettes.

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Lancashire
County Council



Don't get hooked on Shisha

Lancashire County Council are launching the 'Don't get hooked' campaign to warn young people about the risks of smoking Shisha. People are aware of the health messages relating to harm caused by smoking shisha but many believe it's less harmful than cigarettes.

Shisha traditionally contains tobacco and the same 4,000 chemicals as cigarettes, many of which are harmful to your lungs and heart and can cause cancer and other respiratory diseases.

Just because it doesn't taste like a cigarette, doesn't mean that it is safer or better for your health. The tobacco is often sweetened and flavoured making it easy for people to think that it is less harmful than smoking cigarettes. However, as people smoke shisha tobacco for much longer than they smoke a cigarette they can take in greater levels of tar, carbon monoxide and nicotine.

Smoking shisha in a closed environment such as a shisha café is also dangerous for non-smokers nearby. They also breathe in the second-hand smoke from the water pipe and the coals, which contains high levels of toxic chemicals such as carbon monoxide, heavy metals and carcinogens.

There has been a 210% increase in the number of Shisha bars across the UK in the last five years. Most shisha tobacco sold in the UK is considered to be illicit, in the sense that it is illegitimately imported and does not carry statutory health warnings or labels.

Quitting shisha smoking is the best way to protect your health. For help, advice and support to quit shisha smoking contact your local stop smoking service.

Call 0800 328 6297 if you live in East, Central and West Lancashire and 01524 845145 for North Lancashire.

Get the facts on shisha, download the 'Unhook' mobile app from the App Store and Google Play.