



HOOKAH



WHAT YOU NEED TO KNOW

Hookahs are water pipes that are used to smoke tobacco or marijuana mixtures that come in a wide variety of flavors (usually fruit flavors). Charcoal-heated air is passed through the mixture and through a water-filled chamber. The smoke is then inhaled through a tube & mouthpiece.

Studies show that the smoke contains many of the same toxic components found in cigarette & marijuana smoke, such as tar and heavy metals.

Hookah is not a safe alternative.

WHAT IS IN HOOKAH SMOKE?

At Least 82 Toxic Chemicals & Carcinogens

The combustion of charcoal used to heat hookah tobacco may pose additional health risks since this combustion process produces dangerous substances such as carbon monoxide, metals, & other chemicals.*



WHAT ELSE IS IN THAT HOOKAH?

75% of hookah smokers also puffed marijuana through their hookah.

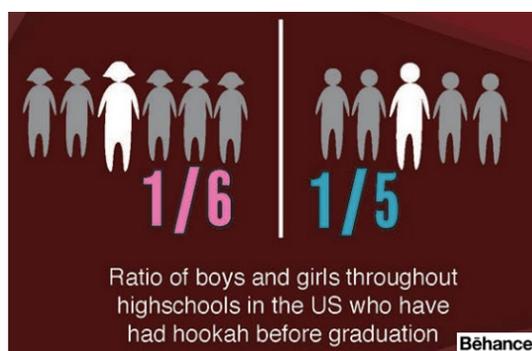
20% of hookah smokers used hashish which is the most potent & concentrated form of marijuana.

Wine or hard alcohol can be mixed with the water used in a hookah.

Hookah Sickness Has The Same Symptoms As Carbon Monoxide Poisoning
healio.com

SIGNS OF HOOKAH SICKNESS

- Dizziness
- Chest Pain
- Confusion
- Blurred Vision
- Headache
- Shortness of Breath
- Nausea
- Seizures



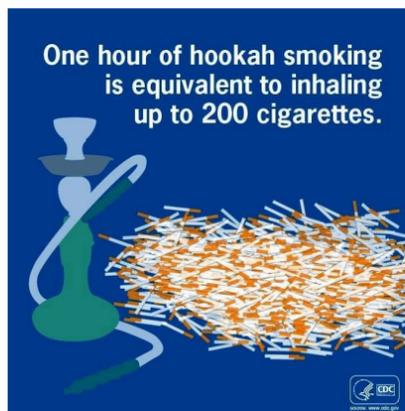
ENCOURAGE QUITTING

Encourage those who vape, smoke, or use hookah to quit & support them in their efforts.

Resources:

- Smokers: 1-800-NO-BUTTS
- Vape Users: 1-844-8-NO-VAPE
- Spanish: 1-800-45-NO-FUME
- Vietnamese: 1-800-778-8440
- Text "Quit Smoking" to 66819
- Text "Quit Vaping" to 66819
- Marijuana : 1-800-662-4357
- Marijuana & Teens :1-855-DRUGFRE

MORE INFO: WWW.OMNIYOUTH.NET



WHAT ARE THE CONCERNS?

A 1-hour hookah smoking session involves 200 puffs per person. A cigarette has 20 puffs.

People smoking hookah can inhale 150 - 180 more smoke than from a cigarette.

Infections and contagious diseases, such as Covid 19 & oral herpes may be passed to other smokers sharing the mouthpiece.

Teens who used hookah were over 3xs more likely to try marijuana later on. (Pediatrics)

Youth enticing flavors are available, such as watermelon, tropical fruit, orange cream, caramel, chocolate, tutti frutti, vanilla, & strawberry.

Hookah smoking is linked to lung, bladder, & oral cancers and heart disease.

Hanging out in a hookah bar, but not smoking, exposes you to 2nd hand smoke which is just as dangerous 2nd hand cigarette smoke.



MYTHS & FACTS

MYTH: Hookah does not contain tobacco.

FACT: Most hookah is used to smoke shisha, a mixture of tobacco, molasses & pulverized fruit.

MYTH: Smoking a hookah is not as addictive as smoking a cigarette because there is no nicotine.

FACT: Just like regular tobacco, shisha contains nicotine and is very addictive.

MYTH: Hookah is better for you because the smoke is filtered through water.

FACT: You can't wash smoke. Water cools the smoke, so that it feels less harsh, prompting deeper inhalations & longer retention of tobacco-filled breaths, increasing harm.



SOURCES:

