Hookah is a water pipe used to smoke flavored tobacco, also called shisha, through cooled water.

A one-hour hookah session contains 36 times more tar than a cigarette.

Hookah’s tobacco flavors are appealing to youth and young adults.

Shisha is a sticky tobacco, usually soaked in honey or molasses. Herbal shisha can be just as toxic as tobacco shisha.

Hookah can be smoked electronically using hookah pens or e-hookah, and health effects are unknown.

Hookah smoke increases the risk of disease including cancer, clogged arteries, heart disease, lung disease and complications during pregnancy.

Sharing a hookah mouth piece increases the risk of spreading infectious diseases like tuberculosis, hepatitis, herpes, and the flu.

Hookah is NOT A SAFE ALTERNATIVE to cigarettes.

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