

# Hookah

## DANGERS you need to know

Ready to be tobacco FREE?

call  
1-866

**NEW  
LUNG**  
(639-5864)

for free help to quit tobacco



**Tobacco covered in sticky molasses!**  
When burned, this sticky substance is carried into the lungs where it coats the tissue and never leaves.

**Longer inhale = more smoke!**  
One must inhale harder and longer with hookahs to draw smoke through the entire hookah. Smoke and harmful chemicals stay in the lungs longer.

A typical 1-hour hookah session results in inhaling 100 to 200 times as much smoke as inhaled with a cigarette.

**Water - NOT a filter!**  
The water does NOT filter out chemicals. It merely cools the smoke, giving it a "smoother" feel. However, harmful chemicals and carcinogens are still being inhaled into the body.

**Poisonous gas emitted!**  
The charcoal that is placed on top of the tobacco to burn it emits carbon monoxide, a poisonous gas.

**Dirty hose!**  
Residual matter left by previous users could be inhaled by you!

**Dirty mouthpiece!**  
Sharing mouth pieces can result in the sharing of germs in the saliva including infections, viruses, and bacteria.

