

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.

