

HOOKAH

FACTS YOU NEED TO KNOW

TOBACCO PRODUCT

THE TOBACCO USED FOR HOOKAH IS TREATED WITH MOLASSES WHICH, WHEN BURNED, IS CARRIED BY THE SMOKE INTO THE LUNGS. THERE, IT COATS THE TISSUE AND REMAINS IN THE LUNGS.

EXTENDED INHALE

SMOKE MUST TRAVEL FROM THE BOWL, THROUGH THE HOOKAH, THROUGH THE WATER, AND THROUGH THE LONG HOSE TO THE MOUTHPIECE. THEREFORE, ONE MUST INHALE HARDER AND LONGER WITH HOOKAHS. THUS, SMOKE AND HARMFUL CHEMICALS STAY IN THE LUNGS LONGER BEFORE EXHALE, ENABLING MORE ABSORPTION INTO THE BODY. 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 IN THE TOBACCO SMOKE. IT MERELY COOLS THE SMOKE, GIVING IT A "SMOOTHER" FEEL. HOWEVER, HARMFUL CHEMICALS AND CARCINOGENS ARE STILL BEING INHALED INTO THE BODY.

CHARCOAL

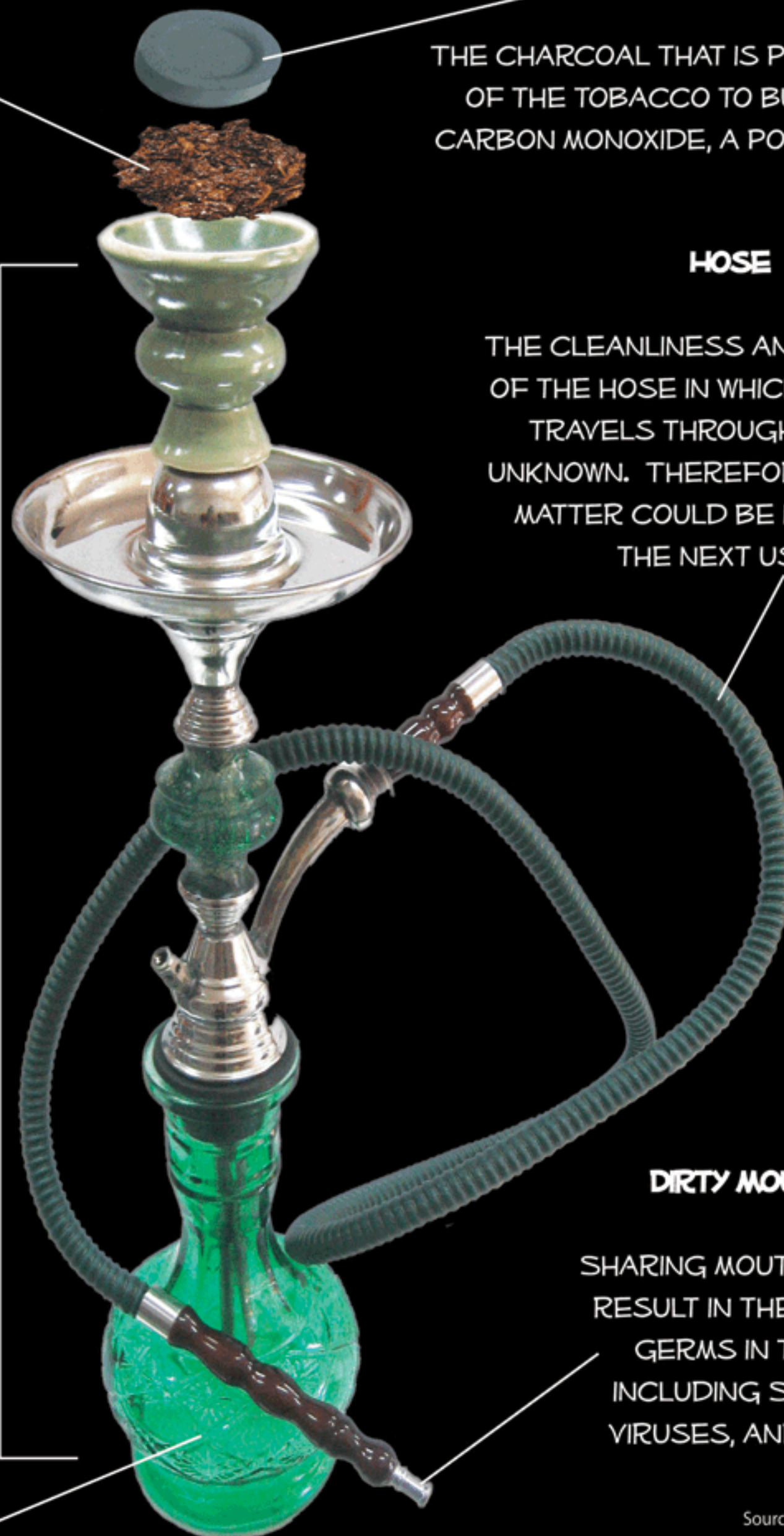
THE CHARCOAL THAT IS PLACED ON TOP OF THE TOBACCO TO BURN IT EMITS CARBON MONOXIDE, A POISONOUS GAS.

HOSE

THE CLEANLINESS AND SANITATION OF THE HOSE IN WHICH THE SMOKE TRAVELS THROUGH IS OFTEN UNKNOWN. THEREFORE, RESIDUAL MATTER COULD BE INHALED BY THE NEXT USER.

DIRTY MOUTHPIECE

SHARING MOUTH PIECES CAN RESULT IN THE SHARING OF GERMS IN THE SALIVA INCLUDING STDS, OTHER VIRUSES, AND BACTERIA.



Source: CDC, 2007; WHO, 2005)

FOR A FREE QUIT KIT AND HELP IN QUITTING SMOKING,

PLEASE CALL **1-866-NEW-LUNG**
6 3 9 5 8 6 4



Tobacco Prevention and Cessation projects are made possible by Tobacco Settlement Revenue Funds administered by the County of Orange Health Care Agency/Tobacco Use Prevention Program