

Know the Facts

The health effects of smoking hookah/shisha indoors

- Poor air quality from shisha smoke can lead to diseases of the heart and lungs.
- Indoor air quality testing at Toronto hookah establishments found that customers and workers were exposed to air pollution levels that are considered harmful to health, including high levels of carbon monoxide.
- Herbal (non-tobacco) shisha use is not a healthy alternative to tobacco.
- Herbal shisha smoke contains cancer-causing chemicals, carbon monoxide and tar.
- Shisha packages are often poorly labelled, making it difficult to tell what the product contains. Some packages may contain tobacco without the user knowing it.
- The health risks from smoking tobacco in a hookah are similar to those of smoking cigarettes, including heart and lung diseases, low birth weight and lung cancer.



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