



Shisha (Waterpipe) Smoking Factsheet for **Pregnant Women** and **Young Families**

Is shisha harmful for me, my baby or my young children?

YES! Shisha smoke is toxic. It contains chemicals, including carbon monoxide and tar, which are bad for your health and the health of those around you. Smoking shisha can lead to problems in your pregnancy. It can also harm your baby and young children.

For your baby, shisha smoking can lead to:

- Premature birth
- Lower birth weight resulting in having a sickly and small baby. A small baby does not make labour easier and can put your life and the baby's life in danger.

For young children, shisha can lead to:

- Asthma
- Bronchitis
- Pneumonia

For you, shisha smoking can:

- Increase your heart rate
- Increase your blood pressure
- Lead to diabetes
- Reduce your lung capacity
- Reduce your fitness
- Cause carbon monoxide poisoning

How can I protect my baby from the harms of shisha?

Pregnancy is an important time in your life. It is a great time to focus on your health and the health of your baby and young children. A good way to do this is to be aware of the harms of shisha smoke.

Are tobacco-free and herbal shisha products safe?

NO! Tobacco-free or herbal shisha products can be just as harmful. The smoke from the wood or charcoal includes carbon monoxide and other cancer causing chemicals. It has similar toxins to tobacco products.

Smoke from tobacco-free or herbal shisha products is harmful.

What is a shisha?

A shisha is a smoking device that is also known as a nargila, argileh, waterpipe or hookah.

It is made up of four parts: the head, body, bowl and hose. The smoker breathes in through the mouthpiece in the hose. Smoke is drawn from the head, down the body, through the water in the bowl and into the mouth.

I don't smoke but my family and friends do. Will this harm me or my baby and young children?

YES! Second-hand smoke is harmful even in outdoor areas. The toxins in shisha tobacco are also present in shisha smoke. Breathing in even small amounts of shisha smoke can increase your risk of heart disease, lung cancer and other lung diseases. It can also worsen asthma and bronchitis.

Inhaling second-hand shisha smoke is just as dangerous for children. It can severely impact the health of your unborn baby. The airways of unborn babies, newborns and young children are smaller and their immune systems are less developed.

“There's nothing safe about shisha smoking, don't expose yourself, your baby or your children”

How can I keep myself and my children safe around family and friends who smoke?

- Create a safe distance for you and your children from people who smoke
- Ask smokers to smoke outside and away from you, your children and family
- Ask smokers to wash their hands and change their outer layer of clothing, such as their jacket, after smoking

Shisha FACTS

Fruit flavourings mask the taste of **toxic substances** and do not make it a healthy choice

Shisha tobacco contains nicotine, which is an **addictive drug**

Toxins are **not** filtered out by the water in shisha

All forms of tobacco and tobacco related products are harmful

45 minutes of shisha smoking is equal to smoking **100 cigarettes**



Can I smoke shisha or vape in public?

All forms of smoking – **including shisha and vaping** – are banned in NSW enclosed public spaces, such as:

- cafes and restaurants
- public transport
- workplaces
- shopping centres
- cinemas
- in a car with a child under the age of 16 years

All forms of smoking – **including shisha and vaping** – are banned in NSW in certain outdoor public spaces, such as:

- public transport stops
- outdoor seated dining areas
- sports grounds and swimming pools

All forms of smoking – **including shisha and vaping** – are banned in NSW:

- Within 4 metres of entrances to public buildings, such as cafes and restaurants
- Within 4 metres of outdoor seated dining areas
- Within 10 metres of children's outdoor play equipment



Where can I find more information and get help?

iCanQuit

www.icanquit.com.au

ShishaNoThanks

www.shishanothanks.org.au

Quitline: 13 7848

Quitline in other languages

Arabic: 1300 784 803

Chinese (Cantonese/Mandarin): 1300 784 836

Vietnamese: 1300 784 865

You can use an interpreter to contact services by calling the Translation & Interpreting Service (TIS) on 13 1450, tell them your language and ask to be connected.

Information on NSW retailing laws is available here.

<https://tinyurl.com/4bf9j6at>

PAVE – a vaping cessation support app

<https://tinyurl.com/5cxthwhm>