

Hubble Bubble Argilah e-Hookah  
Waterpipe  
Shisha **HOOKAH** Nargileh

## Herbal Shisha or Tobacco



It doesn't matter...

**Smoke is smoke.**

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# Herbal Shisha or Tobacco... It doesn't matter.

A hookah (also known as a waterpipe) is a device used to smoke specialty tobacco and non-tobacco herbal products called shisha.

## Did you know?

- ❖ Both shisha and tobacco smoke contain high levels of carbon monoxide and cancer-causing chemicals.
- ❖ Charcoal is burned to heat shisha producing harmful chemicals and heavy metals.
- ❖ In a one-hour hookah session, users are exposed to 100-200 times more smoke than when smoking a cigarette.

## Protect yourself and others.

Limit exposure to hookah smoke and consider quitting.

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