

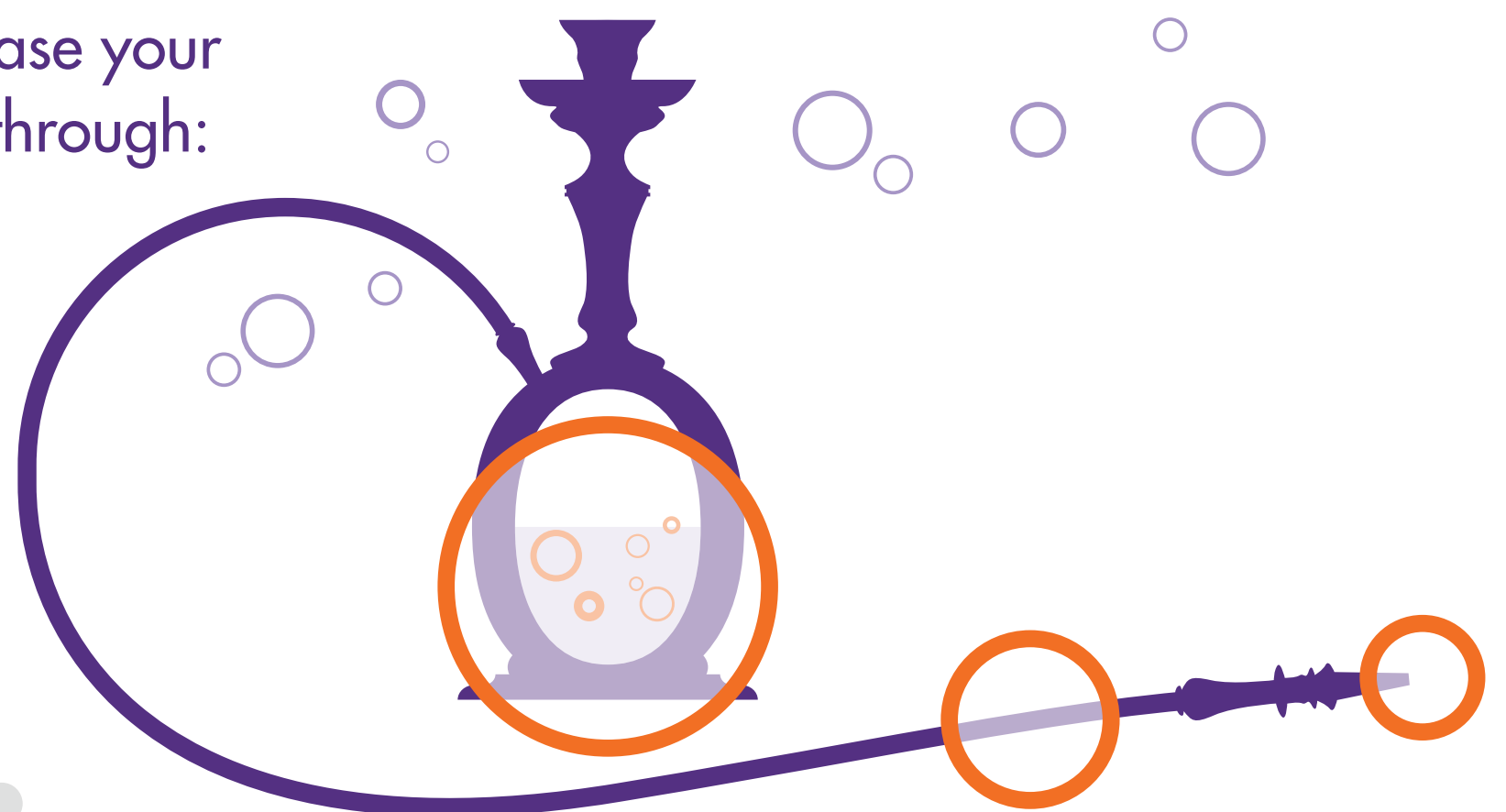
COVID-19 and Shisha

**Protect yourself, your family
and your community**

All forms of smoking, including shisha smoking, may increase the risk of viral infections such as Covid-19.

Shisha smoking may increase your risk of Covid-19 infection through:

- Shared mouth pieces
- Shared hoses
- Water in the bowl



There is also an increased risk of other infectious diseases when smoking shisha.

Smoking affects your immune system and can lead to respiratory conditions and a number of other chronic health conditions.

Where can I find more information and get help on quitting?



Visit the Shisha No Thanks website for services and support to quit shisha smoking

Where can I get more information on Covid-19?



You can use an interpreter to contact services by calling the Translation & Interpreting Service (TIS) on 131 450, tell them your language and ask to be connected.

