



Shisha and vaping

Factsheet

What are vapes?

Vapes are electronic devices designed to deliver vapourised liquids into your lungs when you breathe in. Vapes are not water vapour. The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and toxins.

Are shisha and vaping harmful?

Yes!

Shisha and vapes contain many toxic chemicals that are harmful for your lungs.

Both have been linked to lung disease.

Shisha and vaping facts

- Shisha and vapes often contain nicotine, which makes them addictive
- Shisha and vapes that don't contain nicotine still contain other harmful substances
- The flavouring of shisha and vapes are designed by companies to appeal to you, and mask the taste of the toxic chemicals
- Young people who smoke shisha or vape have increased risk of taking up cigarette smoking

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

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What is shisha?

A shisha is a smoking device that is used for smoking a combination of tobacco prepared in molasses and fruit flavourings.

Shisha smoke contains substances including nicotine, carbon monoxide, tar and other toxins. The water in the shisha does not remove the toxins.

Reasons not to smoke shisha or vape

You're not alone if you don't want to smoke shisha or vape. Have a reason or two ready that you can tell your friends, such as:

"I care about my health and fitness and don't want vaping/shisha to ruin it"

"Vapes/shisha have nicotine and I don't want to get addicted"

"Shisha/vaping - no thanks!"

Shisha FACTS

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

Shisha tobacco and vapes can contain nicotine, which is an **addictive drug**

All forms of tobacco and tobacco related products are harmful

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



What are the current shisha laws in NSW?

What are the current shisha and vaping laws in NSW?

- It is illegal to sell shisha or vapes to people under 18 years.
- It is illegal to sell nicotine-containing vapes to anyone, unless they have a prescription from a health professional.

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

- cafes and restaurants
- trains and buses
- workplaces
- shopping centres

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

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

NSW Health

www.health.nsw.gov.au/vaping

**Lebanese Muslim Association
Quit Smoking Clinic: 0420 915 528**

Quitline: 13 7848

Quitline in Arabic: 1300 784 803

Talk to your GP

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.