



# 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
- In NSW, vapes can only be purchased from pharmacies. People under 18 years of age need a prescription from a health professional.

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

Updated on 23/06/2025

### 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.

Tobacco-free or herbal shisha products can be just as harmful.

### 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



## 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](http://www.icanquit.com.au)

**ShishaNoThanks**

[www.shishanothanks.org.au](http://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>