

## 1 HOUR

OF SMOKING SHISHA
CAN BE AS DAMAGING AS

# 100 CIGARETTES

Know the facts, visit manchester.gov.uk/shisha



#### SMOKING SHISHA CAN SERIOUSLY DAMAGE YOUR HEALTH, AND LAND YOU WITH A FINE

### Think shisha is harmless? Think again:

- the water does not filter out the harmful tobacco smoke
- the flavours mask the tobacco taste

## Think shisha is always legal? Think again:

it's illegal to smoke shisha, even
if it's tobacco-free, in an enclosed
or mostly enclosed public place.
 If you do, you can be fined £50.



