

Tobacco Prevention Toolkit

Hookah Module Quiz

- 1. Which of these is not another name for Hookah?**
 - a. Shisha
 - b. Goza
 - c. Hubba-Bubba
 - d. Narghile
- 2. Are the clouds produced from hookah just “water vapors”?**
 - a. Yes, just water vapors
 - b. No, its just smoke
 - c. No, they’re toxic aerosols
 - d. No, they’re vapors but with other chemicals too
- 3. How would you describe the smoke that is produced from hookah?**
 - a. As toxic as cigarette smoke
 - b. As safe as camp fire
 - c. A safer alternative to cigarette smoke
 - d. Harmless smoke, hookah filters chemicals through water jar
- 4. Smoking hookah in prolonged sessions exposes you to higher levels of what addictive chemical?**
 - a. Acrolein
 - b. Nicotine
 - c. Formaldehyde
 - d. Lead
- 5. Smokers are at risk for infectious diseases including Tuberculosis, Herpes, and Hepatitis.**
 - a. TRUE
 - b. FALSE



- 6. One cigarette is equal to 20 puffs, while a 1-hour hookah session is equal to how many puffs?**
- a. 20 puffs
 - b. 50 puffs
 - c. 100 puffs
 - d. 200 puffs
- 7. Can the thousands of chemicals in hookah still harm you if you aren't the one smoking?**
- a. Yes, since secondhand smoke is still harmful
 - b. Yes, the smoke can effect you, but not harm you
 - c. No, if you don't smoke, it won't harm you
 - d. No, the chemicals in hookah are harmless
- 8. What have tobacco companies done to try and attract more female consumers?**
- a. Added flavors to tobacco products
 - b. Created more feminine packaging
 - c. Displayed females on advertisements
 - d. All of the above

