

# How hookah increases the risk of corona virus in younger people?

Dear Editor,

Case combination of COVID-19 patients is moving to younger people. The fact may reflect increased exposures as a result of reduced social distancing and a lack of knowledge and sensitization of COVID-19 related risk factors in this age group.

Water pipe or hookah smoking also commonly known as “hubble bubble,” is becoming widely used, especially among the younger people, and is often largely unrecognized as a health risk.

Hookah puffing is more variable such as the number of puffs, total puffing time, and total smoke inhaled. Regarding total puffing time, hookah use takes significantly longer periods (30–90 min/session) in comparison to cigarette smoking (average 5–6 min).<sup>[1]</sup> a common 1-hour-long hookah smoking session is comparable to 100–200 cigarette smoking and involves 200 puffs, which is about 90,000 ml smoke inhaled.<sup>[2]</sup> toxicant yields during 1–2 h hookah smoking damage the respiratory lining and predispose the smoker to respiratory infectious diseases, and the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) is no exception.

In addition to the hazardous effects of tobacco smoke on body organs, the risk of transmission of infectious agents through shared water pipe use are of serious concern during the COVID-19 outbreak. It is difficult to clean long pipes and the water reservoir of hookah.

In addition, recent studies have shown that SARS-CoV-2 RNA can be detected in people 1–3 days before beginning their symptoms; so, SARS-CoV-2 infected asymptomatic persons can also infect other people.<sup>[3]</sup> Shared hookah smoking, which is usual in hookah bars and gatherings, can be mentioned as a serious risk for transmission of COVID-19.

Several countries, including Iran, have already banned hookah smoking in public places, assumed the public health risks of COVID-19 transmission.<sup>[4]</sup> Regardless of the ban on use in public places, hookah use in private parties and friends/family gathering has persisted.

Sensitizing people to situations infected persons transmit the virus is important to take steps to prevent the virus from spreading.

## Financial support and sponsorship

Nil.

## Conflicts of interest

There are no conflicts of interest.

## Shaghayegh Haghjooy Javanmard<sup>1</sup>, Arash Toghyani<sup>2</sup>

Department of Physiology, Applied Physiology Research Center, Isfahan University of Medical Sciences, Isfahan, Iran, <sup>2</sup>Department of Internal Medicine, Medical School, Isfahan University of Medical Sciences, Isfahan, Iran

**Address for correspondence:** Dr. Arash Toghyani, Department of Internal Medicine, Medical School, Isfahan University of Medical Sciences, Isfahan, Iran.  
E-mail: arasht\_75@yahoo.com

**Submitted:** 30-Aug-2020; **Revised:** 08-Sep-2020;

**Accepted:** 21-Sep-2020; **Published:** 18-Oct-2021

## REFERENCES

1. Qasim H, Alarabi AB, Alzoubi KH, Karim ZA, Alshbool FZ, Khasawneh FT. The effects of hookah/waterpipe smoking on general health and the cardiovascular system. *Environ Health Prev Med* 2019;24:58.
2. Yadav S, Rawal G. Waterpipe tobacco smoking: A mini-review.

J Transl Int Med 2018;6:173-5.

3. World Health Organization. (2020). Transmission of SARS-CoV-2: implications for infection prevention precautions: scientific brief, 09 July 2020. World Health Organization. <https://apps.who.int/iris/handle/10665/333114>. License: CC BY-NC-SA 3.0 IGO.
4. Raofi A, Takian A, Akbari Sari A, Olyaeemanesh A, Haghghi H, Aarabi M. COVID-19 pandemic and comparative health policy learning in Iran. Arch Iran Med 2020;23:220-34.

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.

Access this article online	
Quick Response Code: 	Website: <a href="http://www.jmsjournal.net">www.jmsjournal.net</a>
	DOI: 10.4103/jrms.JRMS_1032_20

**How to cite this article:** Javanmard SH, Toghyani A. How hookah increases the risk of corona virus in younger people? J Res Med Sci 2020;26:97.

© 2021 Journal of Research in Medical Sciences | Published by Wolters Kluwer - Medknow