


#ACCEPT THE CHALLENGE



Join Breathe and #AcceptTheChallenge to share nicotine facts with friends and family.

Over the next 30 days, complete a daily challenge to share facts about nicotine with others and track your progress!


Nicotine is found in cigarettes, chewing tobacco, and vapes.	Nicotine is highly addictive.	Nicotine can also be in cigars and hookahs.	Nicotine affects your brain.	It takes 8 seconds for nicotine to reach your brain.	Nicotine affects your memory.	Nicotine can lead to long-term heart and lung problems.
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A pack of cigarettes costs about \$6.00. Smoking 1 pack a day would cost \$2,190 a year.	Cigarette smoke can stick to your clothes, hair, and car.	Smoking can cause cavities and tooth decay.	Smoking is the leading preventable cause of death in the U.S.	Tar from cigarettes can stain fingernails and teeth.	Smoking can make it harder for your body to fight off illnesses.	Smoking around others can cause secondhand smoke exposure.
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Vaping can expose secondhand vapor to others.	Vapes have harmful chemicals that are in bug sprays and nail polish remover.	Vaping companies target youth.	Vapes come in many flavors, such as fruit, dessert, or candy.	Vaping is not a proven cessation strategy.	Vaping may potentially lead to using other nicotine products at the same time.	Batteries inside vapes have exploded and caused damage to the skin.
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Nicotine can cause headaches and trouble sleeping.	Nicotine can increase heart rate and blood pressure.	Nicotine can cause breathing problems.	Nicotine can cause joint pain.	Nicotine can cause mood swings and mental health conditions.	Nicotine can cause dry throat and coughing.	Nicotine can cause nausea and vomiting.
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Your health will improve when you stop smoking/vaping.	You will save money by not smoking/vaping.
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Learn How Smoking and Vaping Affects Children.



Watch a short video to learn more about vaping.

Breathe
Healthy Steps to Living Tobacco Free

