



Prescriptions for PREVENTION

Guidance from the Western States
Pediatric Environmental Health Specialty Unit



Climate Change

Did you know?

Climate change is causing more extreme temperatures and weather. It is also causing more frequent and severe natural disasters such as wildfires, droughts, flooding and hurricanes.

Climate change is expanding regions and lengthening seasons for allergens, as well

as ticks, mosquitoes, and other pests that can carry disease. The nutrition of some foods is also decreasing.

Children depend on adults to keep them healthy and protect them from the physical and psychological effects of climate change.



elevated
temperature

Escalating health effects of climate change



changes in
weather



rising sea
level



alteration in
plant growth and
distribution



heat-related
illness



air pollution
and respiratory
problems



worsened
food quality
and access



infectious
diseases



mental health
effects

Take Action

Protect your family's health from climate change threats:

- ✔ Prepare your home for natural disasters.
- ✔ Monitor the Air Quality and temperature and create cleaner air spaces in your home.
- ✔ Stay cool and well-hydrated during high-heat events. Plan for where you can go to get cool in your community.
- ✔ Take actions to decrease climate anxiety.

Decrease your family's contribution to climate change:

- ✔ Reuse, reduce-waste, recycle and compost.
- ✔ Use energy wisely.
- ✔ Walk, bike and use public transit.
- ✔ Vote, invest and spend wisely!



For details on specific exposures and health risks, check out all the [Prescriptions for Prevention](#), in English and Spanish!