



Prescriptions for PREVENTION



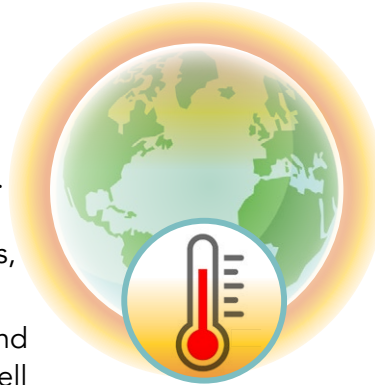
Guidance from the Western States
Pediatric Environmental Health Specialty Unit

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



elevated temperature

as ticks, mosquitos, 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.

Cascading 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!