



# Prescriptions for PREVENTION



Guidance from the Western States  
Pediatric Environmental Health Specialty Unit

## Extreme Weather

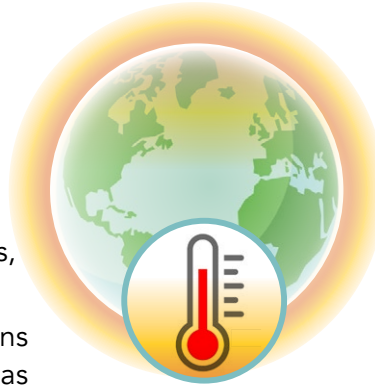
### Did you know?

Extreme weather is causing more variable temperatures and weather.

It is also causing more frequent and severe natural disasters such as wildfires, droughts, flooding and hurricanes.

Extreme weather is expanding regions and lengthening seasons for allergens, as well as ticks, mosquitos, and other pests

### Cascading health effects of extreme weather



elevated temperature

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 extreme weather.



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** weather 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!