



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 conditions. It is also causing more frequent and severe natural disasters such as wildfires, droughts, flooding and hurricanes. Extreme weather is expanding the habitats and lengthening seasons of ticks, mosquitos, and other pests that can carry disease. Children depend on adults to keep them healthy and protect them from the physical and psychological effects of extreme weather.



Do

To protect your family's health:

- ✓ **Prepare your home for natural disasters** in your area (such as wildfires, hurricanes and flooding):
 - ✓ Prepare a "go bag" with medications and supplies that you can grab quickly if a disaster threatens your home. Make a plan to access and store medications during disasters.
- ✓ **Monitor the Air Quality and temperature** and take actions such as staying indoors when air quality is bad.
- ✓ **Stay cool and well-hydrated** during high heat events.
- ✓ **Invest** in an air purifier/filter.
- ✓ **To protect against mosquitos and ticks**, use long-sleeved clothing, insect repellants, and screens on doors and windows.
- ✓ **Talk to children** about how we can reduce extreme weather to help them cope positively.

To decrease your family's contribution to extreme weather:

- ✓ **Reuse, reduce waste**, recycle and compost;
- ✓ **Use energy wisely**;
- ✓ **Walk, bike and use public transit**;
- ✓ **Vote wisely!**



Don't

- ✗ **Don't smoke or vape**, especially indoors.
- ✗ **Don't open windows**, play, or exercise outside on high pollution days.
- ✗ **Never leave children alone in a car especially** when it is hot outside.
- ✗ **Don't let pools of water collect:** dump out buckets, vases, birdbaths and trash containers weekly to reduce mosquitos.
- In order to reduce your use of fossil fuels that contribute to extreme weather:**
- ✗ **Don't leave electronic devices** powered on when they're not in use.
- ✗ **Try to substitute plant-based foods** for meats that use much more energy to produce.
- ✗ **Don't buy products with excessive packaging** - avoid single-use plastic or styrofoam.
- ✗ **Don't buy more** than you need.



For more information, scan the code or visit <https://wspehsu.ucsf.edu/projects/prescriptions-for-prevention-exposure-sources/>

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