What does climate change have to do with my allergies?

- Check daily pollen reports online at www.pollen.com
- When pollen counts are high:
  - Spend less time outdoors
  - Keep car and house windows shut
- Remove pollen from yourself and your environments:
  - Shower after being outside on high pollen days
  - Wash bedding and clothing often
  - Vacuum regularly and use a high efficiency particulate (HEPA) filter if you can
- Talk to your doctor about how to treat allergies
- Find out how you can be energy efficient or buy clean energy, like wind or solar
- Ask your city to plant low pollen trees, shrubs and grasses in your neighborhood
- Ask your local officials to move your community to clean energy now
- Vote for elected leaders that will act to cut climate pollution
- Join local efforts to fight climate pollution

Who is most at risk? People with asthma may experience attacks on high pollen days.

To learn more and take action, visit: www.climatehealthconnect.org/takeaction