

# CLIMATE CHANGE, ALLERGIES & YOU

*What does climate change have to do with my allergies?*

Cars & trucks, industry and power plants all create climate pollution and air pollution.

Climate pollution makes the world warmer and changes our climate.

Climate pollution in the atmosphere causes plants to make more pollen.

Warmer temperatures mean spring comes earlier, so the allergy season is longer.

Pollen from weeds, grasses and trees can cause allergies.

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

**You can take action today to make sure we have a healthy planet with healthy places for healthy people!**



- Check daily pollen reports online at [www.pollen.com](http://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