CLIMATE CHANGE, ASTHMA & YOU

What does climate change have to do with my asthma?

Good question!

What you can do

- Talk with your parents and your doctor about how to manage your asthma and how to check if the air is bad outside
- Play and do sports indoors when the air is bad outside. Mornings are usually a better time for outdoor activities
- Walk or bike to school to be healthy and reduce climate pollution
- Tell your school and community leaders that you want clean air to breathe

When it is warmer, air pollution gets worse.

More air pollution can lead to more asthma attacks.

Climate pollution makes the world warmer.

Cars, trucks and power plants create climate and air pollution.

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