

CLIMATE CHANGE, ASTHMA & YOU

What does climate change have to do with my asthma?

Good question!

Climate pollution makes the world warmer.

When it is warmer, air pollution gets worse.

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

More air pollution can lead to more asthma attacks.



Healthy
YOU

Healthy
PLACES

Healthy
PLANET

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