

# CLIMATE CHANGE, ASTHMA & YOU

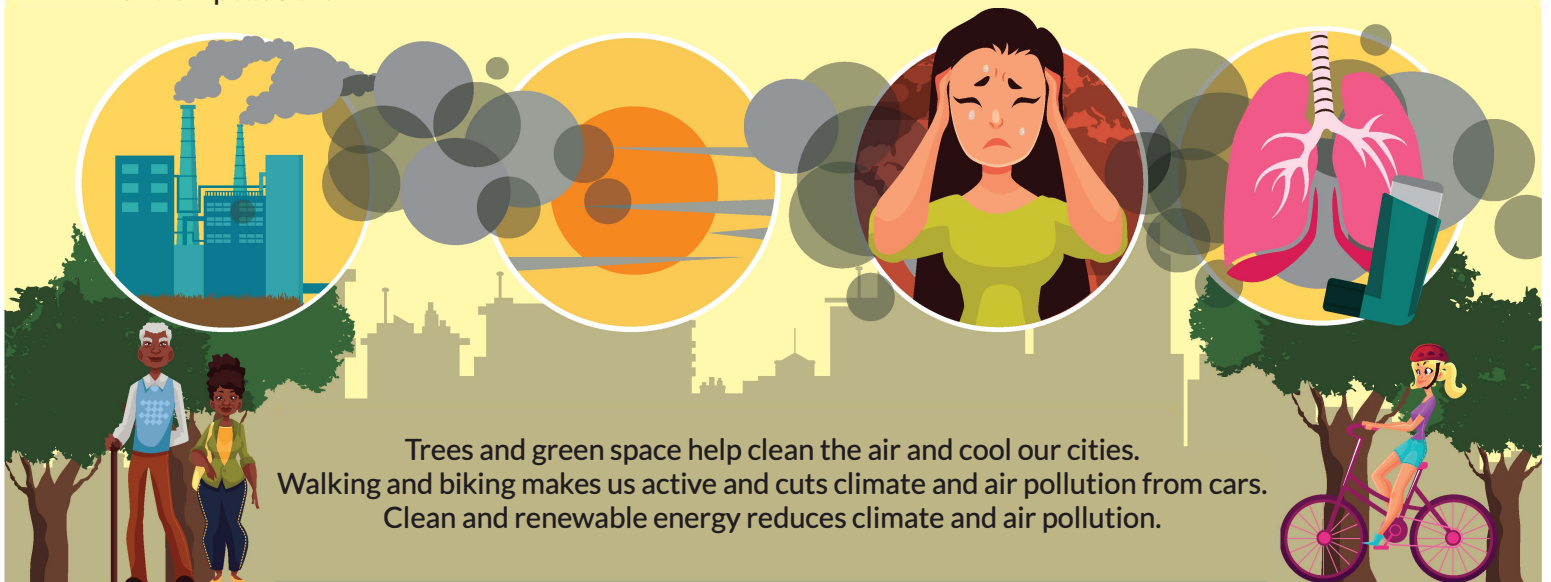
## What does climate change have to do with my asthma?

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

Climate pollution changes our climate and makes the world warmer.

Warmer temperatures make air pollution even worse.

Air pollution causes more asthma attacks.



Trees and green space help clean the air and cool our cities. Walking and biking makes us active and cuts climate and air pollution from cars. Clean and renewable energy reduces climate and air pollution.

**Who is most at risk?** Older adults and young children • People with existing lung or heart disease  
People who live, work and play in areas with high air pollution, like near freeways, ports or industrial areas

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



- Talk to your doctor about how to manage your asthma
- Check [www.airnow.gov](http://www.airnow.gov) to see how clean your air is
- Avoid spending too much time outside when the air is unhealthy
- Replace car trips with biking, walking and public transit
- Find out how you can be energy efficient or buy clean energy, like wind and solar
- Ask your state and community leaders for safe places to walk and bike
- Ask your city to plant trees and provide more parks and green spaces
- 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