CLIMATE CHANGE, HEAT & YOU

What does heat have to do with my health?

- Cars & trucks, industry, and power plants all create climate pollution and air pollution.
- Climate pollution makes the world warmer and changes our climate.
- Climate change will lead to more extreme heat.
- Extreme heat can cause heart attacks, asthma attacks, and problems with diabetes, kidney disease, and mental health.

THE URBAN HEAT ISLAND EFFECT
If you live in a city, it can get a lot hotter than if you lived in a nearby suburb or rural area. Trees and green space provide shade and keep your neighborhood cool.

Who is most at risk?
- Older adults and young children
- People with existing health problems like heart, lung, and kidney disease and diabetes
- People who live alone
- People taking medicines for mental health problems
- People who work or play outdoors, like farm and construction workers or athletes
- People without air conditioning or cool shade

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

- Cool off by using air conditioning or going to an air conditioned public space, taking more breaks when playing or working outdoors, and taking cool showers and baths
- Drink more water than normal and avoid alcohol and sugary or caffeinated drinks
- Check local news for alerts and safety tips
- Check on family, friends, neighbors, and animals
- Find out how you can be energy efficient or buy clean energy, like wind and solar
- Ask your local officials 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 cut climate pollution
- Join local efforts to fight climate pollution

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