

# CLIMATE CHANGE, HEAT & YOU

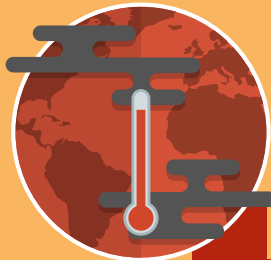
## What does heat have to do with my health?

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 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!



Healthy  
YOU

Healthy  
PLACES

Healthy  
PLANET

- 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 for 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