

# CLIMATE CHANGE *and Your Health*



## Tips for staying safe and healthy:

Climate change is causing hotter weather, poor air quality, higher sea levels, and more extreme weather. All of these changes can be harmful to our health. It's important to learn about these health risks and how to protect yourself and your family from them.

## In the guide:

- How climate change can impact your health
- Get the facts on climate change
- Learn about climate change risks in your area
- Stay safe during extreme heat
- Protect yourself from wildfires
- Stay clear of wildfire smoke
- Create your disaster plan
- Get emergency alerts



**SCAN ME**