


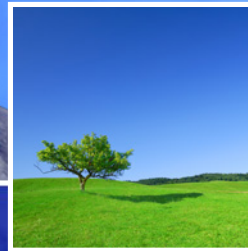
What can you do to reduce the risks from climate change?

Protect yourself from the effects of climate change.

Take action to help slow the pace of climate change.



Protect Yourself From Poor Air Quality




If you have asthma or allergies, ask your doctor for advice on how to avoid places and situations that can cause an asthma attack or an allergic reaction.




Check the Air Quality Index (AQI). Limit outdoor activity on poor air quality days.



Protect Yourself From Weather-Related Disasters



Know what to do during a storm, flood, or forest fire. Rehearse emergency plans with your parents at home, just like you do at school with fire drills.



Stay away from flooded areas after a storm because the water may be contaminated, and floodwater can cause mold to grow.

Protect Yourself From Diseases



Wash fruits and vegetables before you eat them to remove pesticides, bacteria, and other organisms.

If there are mosquitoes or other biting insects where you live, wear long-sleeved clothing and use insect repellent. (Follow the instructions on the label when using insect repellent.)



Protect Yourself From Heat Waves



During a heat wave, drink plenty of water and stay in the shade if possible.



If it's really hot outside, find indoor activities in an air-conditioned place.



Wear light, loose-fitting clothes on hot days.