



WHAT YOUR FAMILY CAN DO

- Decrease your family's "greenhouse gas footprint", which is the quantity of climate-warming gases created in making the energy you use. Learn your household footprint and get tips from the U.S. Environmental Protection Agency: <https://www.epa.gov/ghgemissions/household-carbon-footprint-calculator/>.
- Use less electricity and save money by switching to Low Emitting Diode (LED) light bulbs and buying only Energy Star-rated appliances (or ones sold outside the United States with similar rating systems).
- Turn off lights, TV's, air conditioners, computers, and other appliances when not in use; unplug these if possible to avoid "phantom" energy use.
- Set your home thermostats to 68° F in Winter and 74° F in Summer.
- "Reduce, Reuse, and Recycle" to conserve energy and reduce pollution.
- Avoid plastic bottles, bottled water, and unnecessary plastic containers.
- Use public buses, trains, and carpools; bicycle or walk for your health.
- Choose an electric or low emission car or truck
- Encourage your family and neighbors to conserve.
- For your health and to decrease the release of climate-warming methane from farm animals, do not eat red meat or perhaps just once per week: beef, pork, lamb, and goat.

PROTECTING YOUR COMMUNITY

- Ask your company, house of worship, social club, or neighborhood association to start a "Sustainability Committee" to share wise concepts with your co-workers and friends about climate change, saving energy, and many more topics. Contact My Green Doctor for advice on getting started: mygreendr@gmail.com.
- Ask the elected leaders in your community whether there is a plan for protecting residents during climate change disasters of extreme heat events, air pollution, extreme weather, flash floods, and forest fires.
- Ask your leaders to install neighborhood charging stations to make it easier for residents to own an electric car or truck, or to inform residents about installing solar electricity-generating panels on their roofs.
- Does your area have a plan to transition electricity generation from dirty fossil fuels (methane, coal, diesel) to clean, renewable energy (wind, solar, hydroelectric)? Contact My Green Doctor for more information: mygreendr@gmail.com.



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YOUR HEALTHY HOME

CLIMATE CHANGE: HOW TO PROTECT YOUR FAMILY

What You Can Do

Saving money, healthier communities.

"The greatest threat to our planet is the belief that someone else will save it."

R. Swan



WHAT IS CLIMATE CHANGE?

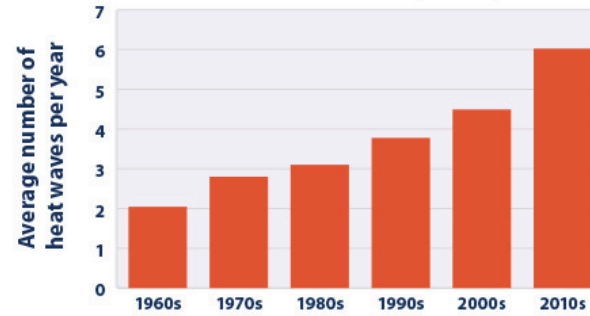
- Man-made climate change is the result of the burning of fossil fuels for energy and of activities such as agriculture that create greenhouse gases.
- Greenhouse gases, such as carbon dioxide, methane (“natural gas”), and industrial gases trap heat in the atmosphere to warm the air and oceans.
- Current carbon dioxide levels in the air are far higher than they have been in 18 million years, and are now at levels never experienced since Man evolved approximately 200,000 years ago.
- Greenhouse gases in the atmosphere today will persist for decades and steadily warm the planet.
- World temperatures have increased by 1.5°F since 1880 and are likely to rise another 1.5°F by 2100.
- Climate change already is causing major health problems as the result of heat waves, increased air pollution, drought, extreme storms, floods, rising sea levels, and wildfires.
- The challenge to all nations is to reduce the production of greenhouse gases (“mitigation”) and to protect communities from the direct effects of climate change (“adaptation”).

PROTECTING YOUR FAMILY

Extreme Heat Events

- Extreme Heat Events are days that are unusually hot, several days in a row
- In June 2021, 62 people died during an Extreme Heat Event in Portland, Oregon.
- More are sickened each year as these events increase (USA bar graph, EPA, 2021),
- Most vulnerable are the elderly, children, tourists, people in older homes without air conditioning, and those who work or exercise outdoors.

Heat Wave Frequency



Preparing for Extreme Heat

- Keep your home air conditioner fit by having it inspected annually and changing the filter every three months. Have a fan at home if you do not have air conditioning.
- Be aware of the weather. If hot, stay inside, close curtains, do not exercise, and drink plenty of water.
- Know in advance which emergency shelter your family will go to if the air conditioning fails.
- Help your neighbors: be aware of who may be elderly, frail, or disabled, and need help in an Extreme Heat emergency

Preparing for air pollution

- Warmer temperatures increase the chemical conversion of air pollution into dangerous smog, resulting in asthma attacks, bronchitis, and heart attacks.
- Be aware of your air quality every day. Check your local Air Quality Index (AQI) with the website AirNow.gov by typing your zip code at into the search bar.
- If your AQI is “Red”, meaning “Hazardous”, or worse, stay indoors, close windows, and avoid strenuous exercise. Keep children and pets indoors.
- Do not barbecue, have open fires, or use non-essential machinery if “Red” or worse.

Preparing for drought

- Consider replacing lawns with artificial grass or with attractive native plants that are adapted to your region’s natural water conditions. Ask your local plant nursery for advice.
- Use water cautiously in your home and garden.
- Do not use bottled water, a waste of water, plastic, and fossil fuels.

Preparing for extreme storms

- Catastrophic rain events are more common, where several inches of rain may fall in one hour, leading to deaths from unexpected flooding of cities and homes.
- Seasonal storms such hurricanes and tornadoes are lasting longer and are more powerful.
- Pay annually for flood insurance for your home, even if not required.
- Know how your neighborhood is vulnerable, know the safety of your home, and have an escape plan ready.
- Be aware of your weather every day. Warn your family members if they will be outdoors, driving, or using public transportation. Stay home or go to an emergency shelter early rather than when it is too late.
- Keep emergency supplies for three days in case your family is stranded at home or must evacuate: food, drinking water, medicines, essential documents. Remember your pets!

Preparing for wildfires

- Inspect your yard to be sure no plants are close to your home.
- Know your evacuation routes in advance in case of wildfires.
- Keep emergency supplies ready in case you must evacuate, listen to the news daily, and leave immediately if advised by fire officials.

LEARN HOW CLIMATE CHANGE THREATENS YOUR FAMILY’S HEALTH AND HOW TO PROTECT THOSE YOU LOVE AND YOUR NEIGHBORS.