Climate Change And Your Health

Hot temperatures, air pollution, and extreme weather events like storms and wildfires have become more common. These climate change effects are harmful to your health.

Climate change contributes to risk of:

- Heart attacks
- Asthma and allergies
- Mental health conditions
- Heat-related illnesses
- Food-borne illnesses
- Malnutrition
- Insect-borne diseases like Lyme and West Nile
- Missed work and school due to extreme weather events

Everyone should take steps to protect their health.
Some groups are especially vulnerable:

- Children and older adults
- Pregnant women
- People who work outside
- People with chronic illnesses
- People who exercise outside
- Low-income communities

How can I protect myself and my family?

1. Talk to you healthcare provider about your specific health concerns and climate change.
2. Monitor real-time air quality using apps like AirNow.
3. Limit time outdoors if the air quality is poor.
4. Protect yourself from insect bites.
5. Stay hydrated and seek shade during hot weather months.
6. Talk to your doctor to find out if there’s a need to adjust your medications during heat waves.

This poster was developed as a tool for healthcare providers seeking to educate their patients on the health impacts of climate change. Distributed at the January 2020 Clinical Climate Change Conference at the Icahn School of Medicine at Mount Sinai, it was developed by researchers and clinicians at the Mount Sinai Institute for Exposomic Research through the Children’s Environmental Health Center and Transdisciplinary Center on Early Environmental Exposures (tceee.icahn.masm.edu, NIEHS grant P30ES023515). Visit www.cehcenter.org to download additional educational material.