

What You Can Do

Mitigate your Child's Risk

Know your child's health risk factors

Work with your family's healthcare provider to mitigate these risks. This is especially important if your child has a preexisting condition like asthma, the symptoms of which can be exacerbated by climate change.

Know your community's risk factors

Limit time outdoors on high heat days, monitor your local air quality, and check your community's allergy triggers daily.

Take Action

Talk with your trusted healthcare professionals and local policymakers. Ask them to help you protect your family from the health impacts of climate change.



***Start the conversation.
Be part of the solution.***

For More Information

Resources for Parents

Monitor your community's air quality

www.airnow.gov

Learn your community's State of the Air

www.lung.org/our-initiatives/healthy-air/sota

Know your community's allergy triggers

weather.com/health/allergy

Join a community of engaged parents

www.climateparents.org/
www.momscleanairforce.org/
www.mothersoutfront.org/

Sources and Contributors

Dr. Samantha Ahdoot | Medical Advisor

Christina Quint, MA | Designer

<http://bit.ly/2fF5X5C>

<http://bit.ly/2eoqBoY>

<http://bit.ly/2eesukD>

<http://bit.ly/2f1IDeN>

Contact Us

www.inova.org/gogreen
gogreen@inova.org

Healthy Climate, Healthy Children

A Pocket Resource for Parents



Presented by



How Climate Change Impacts Children's Health

Rising Temperatures

Death rates during heat waves increase drastically from heat stroke, cardiovascular, respiratory, and cerebrovascular diseases.



Reduced Air Quality

Increased ozone concentrations lead to worsening air quality and more asthma attacks and hospitalizations.



Infectious Diseases

Our changing climate increases the geographic distributions of vector-borne illnesses, like West Nile Virus and Lyme disease.



Extreme Weather Events

Extreme weather events put children at high risk of injury and death, and a range of mental health consequences.



Assessing Your Child's Climate Health Risks

Climate Change Impacts	Health Impacts on Children
Increases in ground level ozone (smog) and other air pollution	Asthma exacerbations; interferes with normal lung development; increases allergic rhinitis, bronchitis
Increases in airborne allergens such as pollen	Asthma exacerbations; increases allergic rhinitis, bronchitis
Heat waves	Heat stress, heat stroke, reduced school performance
Extreme weather events	Injuries, drowning
Droughts, floods, increased mean temperature	Vector-, food-, and water-borne illnesses
Sea level rise	Injuries, drowning, water and soil sanitation, ecosystem and economic disruption
Drought, ecosystem migration	Food and water shortages, malnutrition
Climate change generally	Mental health impacts

Climate Impacts on Childhood Development

Infants

Increases in ground level ozone interfere with infants' lung development and causes inflammation and restriction of airways.

Toddlers & Children

Worsening air quality compromises respiratory health, and heat waves are related to reduced school performance in children.

Teenagers & Young Adults

Student athletes, who are outside exercising during the hottest months of the year, are at high risk to heat-related mortality.

All Ages

All ages are at risk for mental health impacts, vector-, water-, and food-borne illnesses, rhinitis, and malnutrition.

....

"If we want to safeguard the health of current and future generations, we have to address climate change."

-Dr. Vivek Murthy,
U.S. Surgeon General