

Climate Change and Health Worksheet – Answer Sheet

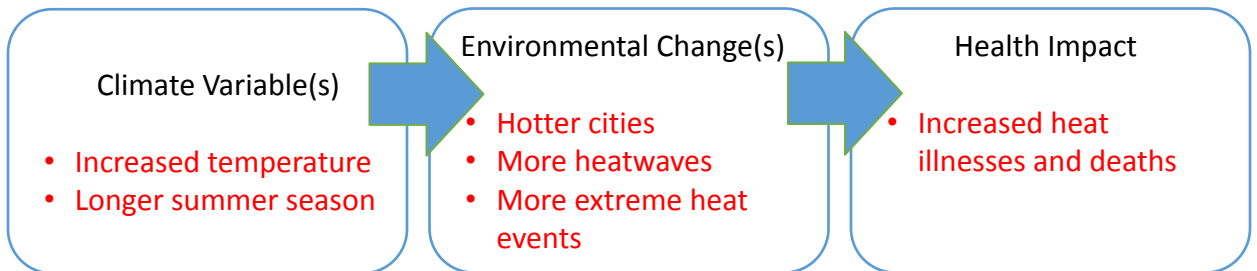
Instructions

1. Read the article on the climate-related health topic provided
2. After reading it, fill out the following questions.
3. Discuss in groups or with the class your findings.

Health Topic:

EXTREME HEAT

1. How is climate change related to this health impact?



2. Who is most at risk?

Anyone who is active outside, by participating in outdoor activities or working outdoors

People without adequate housing or sufficient supplies to stay cool, socially isolated or have mobility issues, have difficulty accessing or understanding public health information such as heat warnings

People with pre-existing medical conditions

3. How can we protect ourselves from this health impact?

Be aware of heat warnings

Limit time outside, especially in peak day temperatures

Stay hydrated and dress lightly

Check on others in the community who may need help

4. What ways can we reduce climate change and minimize this health impact?

Cut fossil fuel emissions, promote green transportation

Expand green spaces in cities

Shift towards renewable energies

[any action that reduces climate change]

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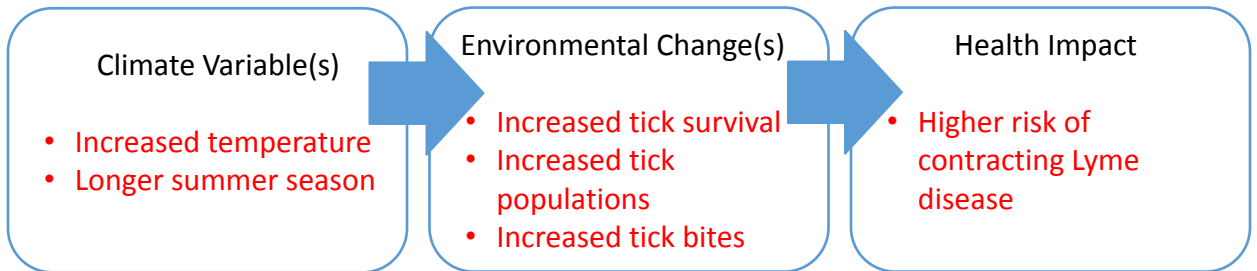
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Health Topic:

LYME DISEASE

1. How is climate change related to this health impact?



2. Who is most at risk?

Those who live, work, or play in wooded areas

People who live in regions at risk

3. How can we protect ourselves from this health impact?

Apply bug repellent when risk of tick exposure is present

Wear light clothing, tucking in shirts and pants

Check for ticks after being outdoors and remove immediately.

Etc....

4. What ways can we reduce climate change and minimize this health impact?

Mitigate use of fossil fuels and the associated greenhouse gas emissions

More walkable communities with better public transit, more resilient infrastructure, and more green spaces.

[any action that reduces climate change]

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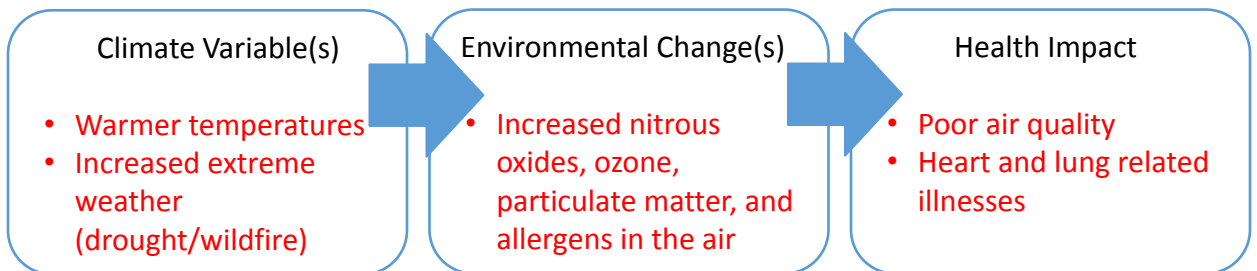
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Health Topic:

AIR QUALITY

1. How is climate change related to this health impact?



2. Who is most at risk?

People who work, play, or spend significant time outdoors

People with asthma, allergies, or certain other health issues

People with limited economic means

Children, older adults, and pregnant people

3. How can we protect ourselves from this health impact?

Be aware of wildfire impacts

Check the Air Quality Health Index (AQHI)

Avoid or filter smoky air to reduce smoke exposure

Seek medical assistance if necessary

4. What ways can we reduce climate change and minimize this health impact?

Cut fossil fuel emissions

Grow sustainable communities

[any action that reduces climate change]