



What can I do to limit the negative health effects from climate change?

Reducing your carbon footprint or personal and workplace greenhouse gas (GHG) emissions will help reduce the severity of climate change over time. You can reduce your GHG emissions by:

- Greening your commute – walk, cycle, carpool, or take transit, even just once in a while. Every bit helps.
- Reduce energy use – switch off lights, computers and electronics when not in use.
- Trim your waste by reducing, reusing and recycling.
- Choose local goods and food products when possible.

When you reduce your personal GHG emissions you'll be helping to improve air and water quality in the short term. Over the long term, you'll be helping to secure our water and food resources, reduce weather and temperature extremes, and help curb the spread of disease carrying insects. All of which can negatively impact health.

To limit acute (short-term) and long-term health effects from climate change, it is important to be aware of the impacts that can occur in your region. Here are some ideas on what you can do to protect your health from the acute impacts of climate change related issues.

- Check the [Air Quality Health Index](#) for your area. If it is poor, limit your outdoor activity and follow other guidelines provided.
- Stay covered, use sunscreen, stay hydrated, and watch for the signs of heat-related illness during extreme heat events. Never leave children or pets unattended in the car.
- Use safe food and water. Be aware of [recalls](#) and boil water [advisories](#) in your area. This is important not just for drinking, but also food preparation, tooth brushing, etc.
- Report suspected food- and water-borne illnesses.
- Learn more about disease-carrying insect threats in your area (e.g. Lyme disease, West Nile virus) and take precautions if you may be interacting with potential carriers of infectious diseases. Additionally, you can minimize mosquito habitats by eliminating standing water.
- In preparation for environmental emergencies, put together an emergency kit and evacuation plan. See Government of Canada's [Get Prepared Website](#) for tips.
- If you have a medical condition and are concerned about your health, discuss this with your doctor or health care professional.