



HEAT ILLNESS & SUN EXPOSURE

Summers are getting even hotter due to climate change, placing children and student-athletes at increased risk of heat stroke, dehydration, sunburn, and other heat illnesses.

- Drink lots of water and take breaks in the shade.
- Talk with your child's coach about how to stay safe on high heat days.
- Do less outdoor activity during the hottest part of the day (10 am to 4 pm).
- Put on broad-spectrum sunscreen, SPF 30 or higher for children over six months of age, or wear lightweight clothing to protect your skin from the sun.

ASTHMA & ALLERGIES

Climate change makes air temperatures warmer, makes the air we breathe less healthy, and can make your child's asthma and allergies worse.

- Use the QR code to download an app that will send air quality alerts.
- Take your asthma and allergy medicines as prescribed, and make a plan with your medical provider to stay well.
- Always keep a rescue inhaler nearby for kids with asthma, including at school.
- Heat and pollen may drive us to stay indoors more. Keep dust, smoke, and other asthma and allergy triggers down indoors



IQAir for Android Devices



IQAir for Apple Devices

EXTREME WEATHER

Climate change makes storms, floods, heat waves, and droughts worse and more frequent, increasing the risk of injury from dangerous weather.

- Use the QR code to sign-up for emergency alerts, make a plan, build an emergency kit, and learn how and when to seek shelter.
- Talk with your medical provider about preparing for any special medical needs your child might have in a disaster or emergency.
- See your medical provider if your child is injured or worried after a weather disaster.
- Use the QR code to complete an activity book with your child to help cope after a disaster.



ready.gov/plan



cdc.gov/ort/readywrigley

NUTRITION

Climate change decreases the amount of food that is grown, makes food more expensive, and makes the food we eat less nutritious.

- Gradually increase more whole grains, beans, nuts, fruits, and vegetables into your diet.
- Eat less red meat and drink less dairy. Children over age two need no more than 16-24 oz of milk per day.
- Grow what food you can in containers and small plots of ground and compost vegetable scraps.
- Use the QR code to connect to support like WIC, SNAP, Dare to Care, and other resources in your area.
- Use the QR code to find fresh produce grown locally and sold on a sliding scale from June to November.



findhelp.org



newroots.org

FREE PLAY OUTDOORS

Play builds muscles, improves brain growth, and helps kids to deal with stress and worry.

- Start small—spend time in your yard or walking in your neighborhood.
- Let your child explore and play on their own, to build confidence and get to know the outdoors.
- Use the QR code to find a local park for your child to explore.



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WHAT ELSE?

Climate change can be overwhelming, but you can help make a difference!

- Walk, bike, or use public transportation as much as you can.
- Use less, waste less, reuse and recycle more.
- Use energy efficient settings and turn off appliances when not in use.
- Join community groups in the fight against climate change.
- Vote for leaders who make climate change a priority; Use the QR code to register to vote.



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