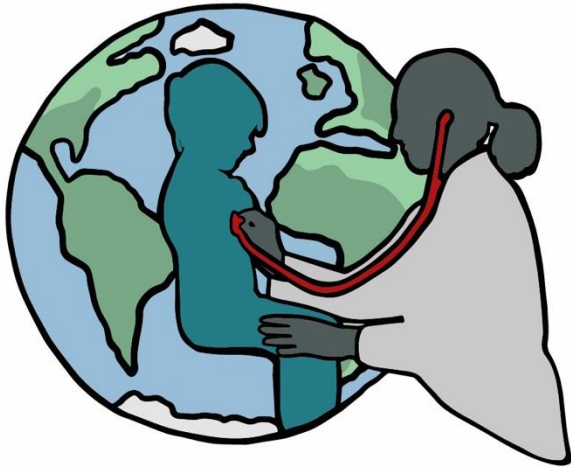




YOUR CHILD'S HEALTH IN A CHANGING CLIMATE

TOP CLIMATE-RELATED CHILD HEALTH CONCERNS IN NEW JERSEY



CIPC Climate Informed
Pediatric Care
Nurturing a better future for children

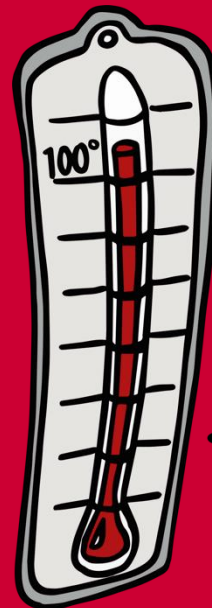


1 Extreme Heat

The changing climate is increasing the number of dangerously hot days.

What can I do to better protect my child?

- Stay informed, use weather apps
- Create a cool indoor environment
- Close windows and curtains
- Open windows on cooler nights
- Locate cooling centers and air-conditioned public places
- Hydrate even if you are not thirsty
- Limit outdoor activities
- Never leave children or pets in a car
- Monitor vulnerable family members
- Know signs of heat-related illnesses and seek medical attention immediately if they are present



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2 Ticks and Mosquitoes

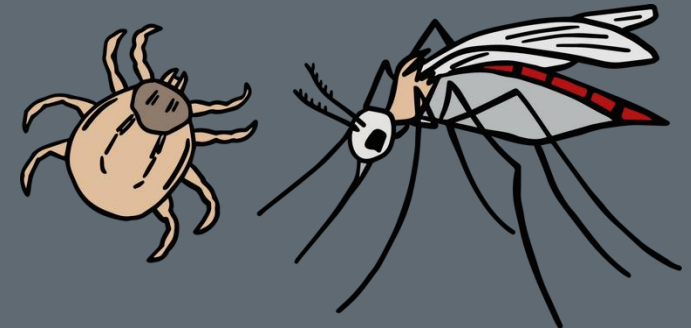
The changing climate has expanded the duration of tick and mosquito seasons.

What can I do to better protect my child?

- Use safe insect repellents
- Check for ticks after being outdoors
- Wear long sleeves and pants
- Tuck pants into socks
- Wear light colored clothing to spot ticks more easily
- Treat clothing with insect repellents
- Avoid outdoor activities at dawn and dusk
- Eliminate standing water where mosquitoes breed
- Teach children about ticks and mosquitoes
- Consult healthcare professionals regarding embedded ticks



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3 Extreme Weather

The changing climate is linked to more frequent extreme weather.

What can I do to better protect my child?

- Follow weather forecasts
- Create an emergency plan
- Have a communication plan in case of separation during an emergency
- Prepare an emergency kit with essential supplies
- Charge critical electronic devices
- Identify safe areas in your home, like basements or interior rooms
- Follow evacuation orders issued by local authorities
- Ensure everyone knows what to do during emergencies



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4 Poor Air Quality

The changing climate worsens wildfire seasons and air pollution.

What can I do to better protect my child?

- Monitor air quality index (AQI)
- When outdoor air quality is poor:
 - Stay indoors
 - Close windows and doors
 - Avoid outdoor activities
 - Use masks or respirators
 - Monitor family members with asthma or lung diseases
- Reduce indoor air pollution:
 - No smoking indoors
 - Consider an induction stove top
 - Ensure good ventilation
 - Use air purifiers with HEPA filters
 - Maintain your HVAC system and change its air filters



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5 Mental Health

The changing climate has direct and indirect effects on feelings of well-being, safety, and security.

What can I do to better protect my child?

- Inform yourself about the health effects of climate change
- Talk with your child in a positive manner about climate change
- Inquire about worries and fears related to weather and climate
- Read or provide your child with age-appropriate books about climate
- Go outdoors in nature, including nature trails and city parks
- Take steps as a family to combat climate change

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