What is Climate Change?

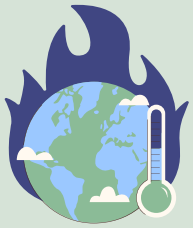
Long-term changes in the Earth's average temperatures and weather conditions primarily driven by human activities that **increase greenhouse gas (GHGs)** concentrations in the atmosphere, trapping heat to result in **global warming.**

FOSSIL FUELS

Carbon-containing, **non-renewable** sources formed by geologic processes on the remains of organic matter, largely contributing to climate change.

Currently, fossil fuels **supply more than 80%** of all the energy and power consumed by industrially developed countries around the world.

How does it affect us?



EXTREME WEATHER

Climate change alters **frequency, duration**, and **intensity** of many extreme weather and climate events . Ex. Heat waves, floods, droughts, wildfires, hurricanes, rising sea levels, tropical cyclones. etc. These events pose a direct threat to physical health and economies.

Take Action

Small actions, when multiplied by millions of people, can **transform the world.**

Let's be part of the solution — for the planet, for each other, and for future generations.

Thank you!

For more information visit:
https://www.cdc.gov/index.html
https://www.un.org/en/climatechange/what-is-climate-change

Community Transcultural Support Services
跨文化社區健康服務機構

CLIMATE ACTION AND HEALTH

Service Canada

June 2025

AIR POLLUTION

Air pollution is also a major health concern as more pollutants are being emitted through industrial practices, wildfires, and the overall burning of fossil fuels. The poorer air quality in urban environments is causing or contributing to various health issues.

HEALTH TIPS

- Stay inside when AQI (Air Quality Index) is high (especially over 100).
- Use an air purifier with a HEPA filter to trap PM2.5.
- Avoid burning candles, smoking, or frying indoors (they add to indoor PM2.5).
- Use N95, KN95, or FFP2 masks, which can filter out PM2.5 effectively.
- Choose early morning or late evening for outdoor activities when pollution levels are often lower.
- Avoid walking or jogging by busy roads

VECTOR BORNE DISEASES

Climate change increases risk and occurrence of vector and waterborne diseases due to increased temperatures and precipitation supporting vector development and habitats (ex. mosquitoes, ticks, fleas, etc).

HEALTH TIPS

- Use insect repellents
- Take vaccines or preventative medication
- Check local disease outbreaks before traveling (ex. WHO or CDC websites)
- Wear loose fitting, long clothing

REDUCE GHG EMISSIONS

1. SUSTAINABLE TRANSPORTATION

- Take public transportation (bus, train)
- Walk, bike, carpool
- Drive less, consider electric or hybrid vehicles
- Reduce flight travel when possible

2. REDUCE, REUSE, RECYCLE

Reduce: minimize waste by composting food scraps, purchasing items with minimal packaging, or avoiding single use plastic items

Reuse: Try to use reusable items like bags, bottles or containers, try to fix broken items rather than replacing them, only buy what you need

Recycling: do our best to sort and recycle paper, plastic, glass, and metals correctly to avoid contamination, wash our plastic before we recycle, and buy products made from recycled materials

3. DIETARY CHOICES

Eat local and seasonal produce: this reduces transportation emissions

Reduce red meat consumption: beef production has significantly higher carbon footprint than other meat

Reduce food waste: freeze food, share with friends and family, always compost waste, reuse leftovers

4. REDUCE ENERGY USE

- Switch to solar or LED bulbs instead of incandescent
- Turn off lights and apppliances when not in use
- Adjust thermostat depending on season
- Reduce use of hot water when possible
- Use natural light during the day