

What's Good for Health Is Good for Climate



**We can take action to be healthy
and climate friendly**

Learn more and get involved. Go to the CRC website:
www.climate readiness.info/outsidein-capital-region

OutsideIn Capital Region is a partnership between the Capital Region Climate Readiness Collaborative and the California Department of Public Health.

OUTSIDE  CAPITAL REGION
WE TAKE HEALTH AND CLIMATE CHANGE SERIOUSLY

We care

about healthy living in the Capital Region. That is why we are concerned about climate change. Now is the time to come together as a community and talk about how climate change is affecting our well-being. The good news is, many actions that help limit climate change also improve the health of our families and community.



Take Action to be Healthy and Climate Friendly

Healthy and Climate Friendly Travel

What you can do:

- Walk or bike instead of driving.
- Support walk-to-school days and safe routes to schools and parks events.
- Use public transportation or ride share.

Health, Climate and Wetter Weather

What you can do:

- “Drain after the rain,” to prevent mosquitos.
- Sign up to receive notices during extreme weather events.



Healthy and Climate Friendly Food

What you can do:

- Grow your own fruits and vegetables.
- Shop at farmer’s markets — find one at <http://ecologycenter.org/fmfinder>
- Eat less red meat.

Health, Climate and Drought

What you can do:

- Reduce indoor and outdoor water use, but keep watering trees, and washing hands and produce.
- Limit showers to 5 minutes, and use a bucket to capture and reuse water.



Health, Climate and Heat

What you can do:

- Stay in air conditioned areas, utilize cooling centers, and stay hydrated.
- Plant and care for shade trees. Re-roof with a cool roof.
- Avoid outdoor physical activities during the hottest hours of the day.

Health, Climate and Air Quality

What you can do:

- Walk and bicycle.
- When you need to ride, take transit, or drive an electric or low emission vehicle.
- Conserve electricity.
- Sign up for Spare The Air alerts at www.sparetheair.com/airalert.cfm

Climate Change Affects Our Health

Climate change threatens our health now and will impact our way of life in the future. We can see these changes today in the United States, California and right here in the Capital Region, including:

Climate Change

- Increase temperature
- Rising sea level
- Extreme storms
- Decreased air quality
- Wildfire
- Drought

Climate change affects everyone, but some people face greater risk. These people include children, seniors, people with disabilities, people with chronic diseases, outdoor workers, people living in poverty or homelessness, those with mental illness, and some communities of color.