

Be Prepared

Inform yourself

The first step to being prepared is to become informed about the connection between climate change and health. The NPHW website (www.nphw.org) is a good place to start.

Remember the saying “**Think Globally act Locally**”

- Ultimately act **LOCALLY** means this starts with you!! Make this a priority to help yourself and your community.
- **Take the Pledge**: Be informed, increase your knowledge and take action!!

Know your community

Increase your awareness of the impact of climate change on your community. Public health challenges vary from region to region. There is no one-size-fits-all method for preparing for climate change. However, you can start by finding out if your community has plans in place.

- **See list of Local Recyclers**
- **Freecycle , and other ways to find others that want your old stuff Go to Clean Sweep May 9th and 10th**
- **Mercury is hazardous Recycle it properly**
- **Lead poisoning, housing conditions, cheap trinkets, be aware and maintain your home.**

Spread the word

Tell family and friends about the connection between health and climate change will help to raise awareness and help everyone become prepared. By spreading the word, you can help create the link between our personal behavior, our health and the health of people around the world. Public awareness about the impact of climate change and preparedness planning will also encourage individuals and the community to reduce greenhouse gas emissions and prevent the worst impact of climate change in the future.

Strengthen community partnerships

Strengthening community partnerships that reduce vulnerability to the impact of climate change will help prepare you and your community. Many climate change impact may begin outside the boundaries of your community (e.g., the spread of new diseases into your region such as, West Nile, and Lyme disease) and will require the cooperation of local and regional governments, federal and state agencies, tribes, non-profit organizations, or the private sector to address these threats effectively. You can start by talking about climate change at your next volunteer meeting or community event.