

# Climate and Your Health

## 7 Action Items

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**Get into nature whenever possible!**



**Eat less meat and more, organic vegetables**

**Drive less - walk and cycle more!**

**Take action against mosquitoes and ticks on your property**

**Change furnace filters regularly and use plants to improve indoor air quality**

**Write to politicians about your experiences and concerns**

**When feeling overwhelmed, reach out to your doctor or mental health professional**

