PROTECTING CHILDREN’S ENVIRONMENTAL HEALTH IN THE U.S.-BORDER REGION SYMPOSIUM

PANEL ON CLIMATE CHANGE

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Now what?
• Emphasize solutions & benefits
• Make these solutions relevant
• Suggest practical ideas
• Act now!
• Reduce energy consumption
• Buy local products
• Walk, choose public transportation or bicycling
• Eat less meat and animal products
• Share and recycle more
• Reduce the use of plastics
• Cook more
• Limit food waste and consider vegetable gardening
• Choose renewable energy.
Adaptation
• Reduce extreme heat at home
• Reduce extreme heat in the community
• Keep everybody hydrated
• Dress kids appropriately
• Schedule outdoor activities wisely
• Monitor air quality
• Increase urban greening
• Improve indoor air
Detox Me

The most reliable clean lifestyle guide that empowers you to eliminate toxic chemicals from your daily life.

This free smartphone app walks you through simple, research based tips on how to reduce your exposure to potentially harmful chemicals where you live and work—and it keeps track of your progress.

We believe knowledge is not just power, but a prescription for prevention.

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