

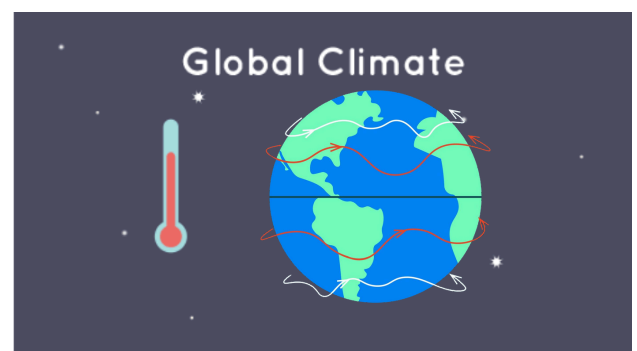
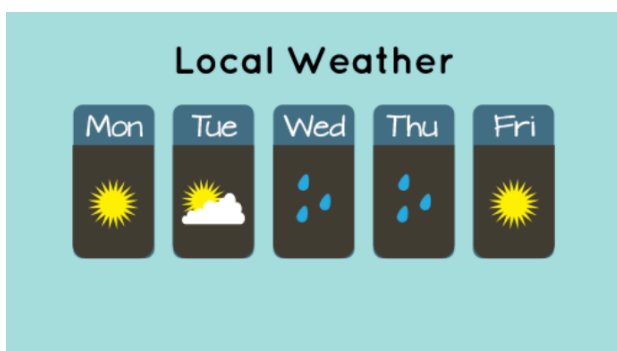
Let's talk about Climate Change



What is climate?

Climate is often confused with weather. **Weather** is the conditions outside on any given day or moment. For example, the weather can be rainy, snowy, cloudy or sunny.

Climate refers to changes in weather patterns over time. In an area that gets a lot of rain, are we suddenly seeing more dry periods? In an area with lots of snow on the mountains, are they getting less snow? These are examples of how a **climate can change over time**.



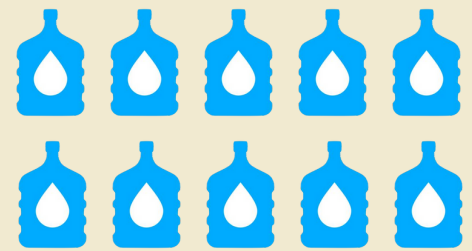
The climate changing is a natural part of how Earth works, but over the last few hundred years, the climate has been changing more than we would expect. Earth is getting warmer, and scientists agree that humans are the main cause of this warming.



How will climate change affect me?

Climate change affects different parts of the world in different ways. Luckily, we know some ways that we can change our daily life to help deal with climate change. Let's learn how we can adapt to climate change to protect our health:

Less rain and drier weather means we need to **conserve water**. This means only using as much water as you really need. Just turning off the water while you brush your teeth in the morning and at night can save **8 gallons** of water in a day!



Hotter days call for indoor activities, **staying in the shade**, or spending time in **green spaces like parks** to stay cool. Did you know it can be up to **12 degrees cooler** in parks compared to surrounding areas on a hot day? Make sure to cover up or **wear sunscreen** to avoid sunburns too, and always **stay hydrated!**

Wildfires may become more common because of climate change. If there is a wildfire nearby, **stay inside to avoid the smoke**. We know everyone loves making s'mores in the summer, but always **check if it's safe** before you make a fire, and **put the fire completely out** when you are done having fun!

