

Tips for Adapting to New Brunswick's Changing Climate

MAKE A 72-HR EMERGENCY KIT:

Charge your devices and fill your car, in case of flood, ice storm, forest fires, or power outage. Include water, flashlights/batteries, cash, non-perishable food, first aid and sanitation supplies, and pets or infant supplies.

BE TICK AWARE:

Wear long sleeves and pants tucked into socks or boots, when walking through the woods / shrubs / tall grass. Check for ticks on your body afterwards. If you find a tick, remove it, send a picture of the tick to ETick.ca, and put it in the freezer. Visit a health professional as soon as possible and give the tick to them for testing. Watch for early symptoms of Lyme disease.

MONITOR AIR QUALITY:

The Air Quality Health Index (AQHI) tests the air for ground level ozone, nitrogen dioxide, and particulate matter from pollution and fires. Learn to use the AQHI at www.weather.gc.ca to plan outdoor activities, especially if there is a forest fire nearby.

IN EXTREME HEAT:

Plan outdoor activities for cooler parts of the day, seek shade and drink water before being thirsty, cover up and wear sunscreen when in the sun.

IN CASE OF FLOODING:

Listen to warnings and be prepared. During clean-up do not turn on power until given OK by a power company. Do not use gas or wood heaters in closed spaces. Clean small areas of mold using dilute detergent. Have professionals clean large moldy areas. Take all debris to the landfill- do not burn it!

For more information please visit www.nb.lung.ca/climate-change



You Can Reduce Your Contribution to Climate Change

Simple tips to reduce your own greenhouse gas emissions:

- **Choose biking, walking, public transit and carpooling over driving alone.**
- **Turn out lights, keep temperatures moderate, and make your home more energy efficient.**
- **Shop locally, reducing emissions from shipping items across long distances.**
- **Centre meals around vegetables instead of meat.**
- **Shop second-hand for clothing, home décor, kitchen tools, vehicles, and more.**
- **Compost your food waste at home or pay for a pickup service.**
- **Reduce your waste by buying fewer items with less packaging.**
- **Engage you family, friends and neighbours in taking action on climate change.**
- **Advocate for change in policy at all levels of government.**

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