



# HOW TO HELP FIGHT CLIMATE CHANGE

The Earth is still in trouble, and you've probably seen news reports documenting some of the consequences:

- Devastating hurricanes and superstorms
- The seven hottest years on record all occurring since 2015<sup>1</sup>
- Natural events like severe floods, droughts, and wildfires
- Record-high levels of carbon dioxide

As the planet warms, extreme weather events will become more frequent and intense, sea levels will continue to rise, more droughts will put pressure on our food supply, and many animal and plant species will be driven to extinction.<sup>2</sup>

With all these discouraging facts, it's easy to ask—are we too late?

## THERE'S STILL TIME FOR CHANGE

The clock hasn't run out yet, but it is getting more urgent. And while one person can't solve this crisis alone, if we each do our part, we can make a difference over time.

If we do nothing, global warming will get worse... which will result in even more catastrophes like what we've already witnessed: the continued increase of devastating wildfires, natural disasters, and major storms.

The human cost of these increased disasters will eventually become near-incalculable: tens of millions of new climate refugees per year, severe resource scarcity, political unrest, and increased disease outbreaks are just a few of the expected results if these problems aren't addressed.<sup>3</sup>

## TIME TO GET STARTED

Like surviving a pandemic, addressing environmental change takes combined efforts and multiple solutions. But we can all do something, because even small changes can make an impact.<sup>4</sup>

Global warming will continue to increase unless we adjust the way we're living, so let's do our part to prevent climate change.

<sup>1</sup>"2021 joins top 7 warmest years on record: WMO." *United Nations*, 2022

<sup>2</sup>Galey, Patrick. "Five takeaways from the UN's 2022 climate impacts report." *Climate Home News*, 2022

<sup>3</sup>Podesta, John. "The climate crisis, migration, and refugees." *Brookings*, 2019

<sup>4</sup>Sission, Patrick; Barber, Megan; Walker, Allisa. "101 Ways to Fight Climate Change." *Curbed*, 2020

April 22 is Earth Day. Learn more facts and ways you can help at [EarthDay.org](https://EarthDay.org).

## HERE ARE SOME HABITS TO START:

- ✓ Recycle paper, aluminum, and plastics.
- ✓ Hang clothes to dry when possible.
- ✓ Install a programmable thermostat.
- ✓ Winterize your home to keep heat from escaping.
- ✓ Avoid cooling your home with an air conditioner when possible.
- ✓ Reduce climate-polluting emissions by using public transit, bicycling, walking, or carpooling.
- ✓ Use eco-friendly products when possible.
- ✓ Educate yourself and others about the dangers of climate change.
- ✓ Maintain your car.
- ✓ Take your own bags when shopping.
- ✓ Make your voice heard (vote, write letters, promote the issues, and get involved).