

# Year of Climate Change and Health

## Individual Participation



We would like you as an individual to get involved in the *Year of Climate Change and Health*. No matter the level of involvement, your contribution is invaluable. Below are examples of how you can make an impact. [Become a partner.](#)

BRONZE: CHANGE AGENT	SILVER: CHANGE MAKER	GOLD: CHANGE CHAMPION
<ul style="list-style-type: none"> <li>▪ Stay informed of <i>Year of Climate Change and Health</i> activities</li> <li>▪ Track energy use. It will help to understand your consumption pattern.</li> <li>▪ Set up online billing</li> <li>▪ Program thermostat for energy savings while your away or asleep</li> <li>▪ Enable your Energy Star computer and monitor to sleep while away</li> <li>▪ Recycle</li> <li>▪ Print less, when necessary or double sided</li> <li>▪ Turn electronics and lights off when not in use</li> <li>▪ Wash clothes in cold water</li> <li>▪ Clean coils to your fridge</li> <li>▪ Eat local produce</li> <li>▪ Use public transportation</li> </ul>	<ul style="list-style-type: none"> <li>▪ Engage through social media</li> <li>▪ Attend a Town Council meeting to inform members on climate change and health issues</li> <li>▪ Participate in climate change events</li> <li>▪ Purchase products made from recycled materials</li> <li>▪ Install energy-saving systems for your home for instance:               <ul style="list-style-type: none"> <li>▪ LED light bulbs</li> <li>▪ Power strips</li> <li>▪ Fridge thermostat</li> <li>▪ Use reusable totes</li> <li>▪ A/C whistle alert to change filter</li> <li>▪ Weather-stripping kit</li> <li>▪ Have heating and cooling equipment tuned-up</li> <li>▪ Seal leaks and repair disconnections in home duct system</li> <li>▪ Install low-flow faucets and shower heads</li> <li>▪ Reduce water heater temperature to 130° F</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ Host a meeting theme on climate change and health to inform members of:               <ul style="list-style-type: none"> <li>▪ PTA</li> <li>▪ Home Owners Association</li> <li>▪ Etc.</li> </ul> </li> <li>▪ Add insulation to your attic</li> <li>▪ Seal windows, doors etc. with caulk, spray foam or weather stripping</li> <li>▪ Purchase Energy Star qualified equipment for home</li> <li>▪ Advocate for climate friendly policies and regulations with:               <ul style="list-style-type: none"> <li>▪ Congress</li> <li>▪ Local and State Legislation</li> <li>▪ Local Commissioner</li> <li>▪ Mayor</li> </ul> </li> <li>▪ Attend the People’s Climate March <a href="https://peoplesclimate.org/">https://peoplesclimate.org/</a></li> </ul>



Keep the conversation going on social media using [#ClimateChangesHealth](#). Follow us on Twitter [@PublicHealth](#) and [@EH\\_4\\_All](#). Please email [environment@apha.org](mailto:environment@apha.org) for more information or to become a Year of Climate Change and Health partner.