

Climate change and your lungs



Greenhouse gases that are naturally present in the air, help to keep the earth warm in a similar way to how a greenhouse warms plants. Greenhouse gases trap heat from the sun to keep the Earth warm enough for us to live.

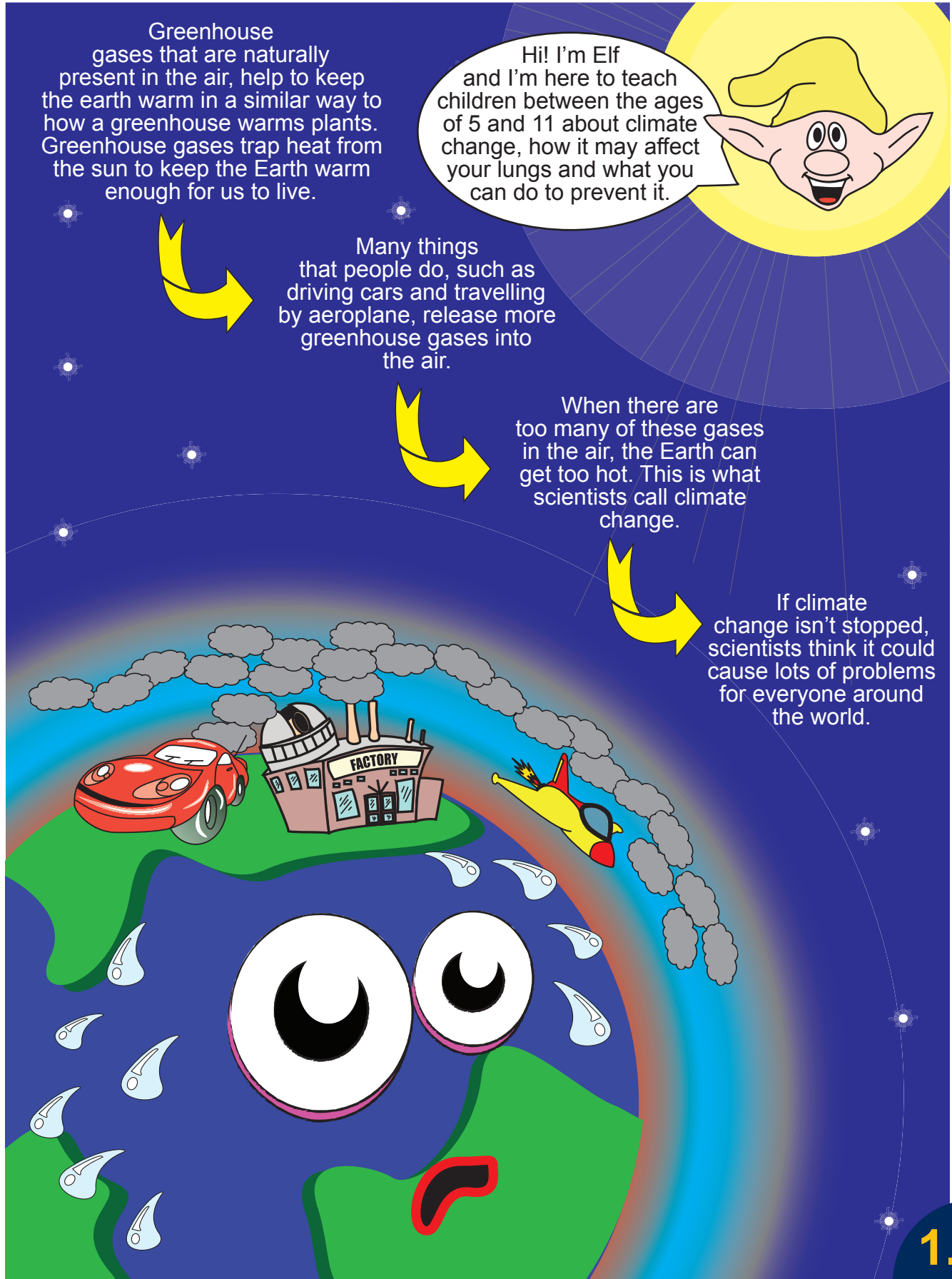
Hi! I'm Elf and I'm here to teach children between the ages of 5 and 11 about climate change, how it may affect your lungs and what you can do to prevent it.



Many things that people do, such as driving cars and travelling by aeroplane, release more greenhouse gases into the air.

When there are too many of these gases in the air, the Earth can get too hot. This is what scientists call climate change.

If climate change isn't stopped, scientists think it could cause lots of problems for everyone around the world.



How might climate change affect the lungs?

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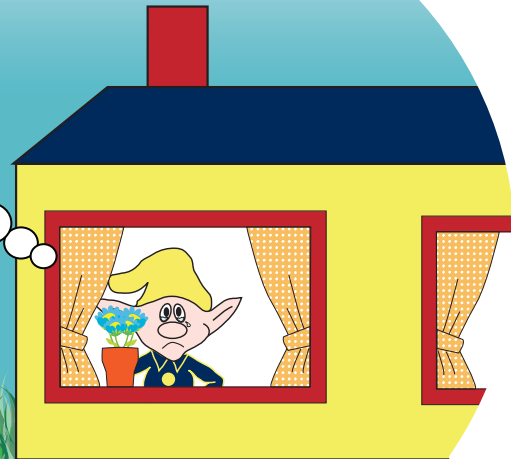


Air pollution

A lung disease called COPD can occur in older people who live in areas with lots of pollution or who used to smoke. People with this lung disease may have to go into hospital more often to make sure they can breathe properly.

Extreme temperatures

Higher temperatures increase the amount of a gas in the air called ozone. If you have a lung condition called asthma, this may cause you to be ill more often and you may have to stay indoors.

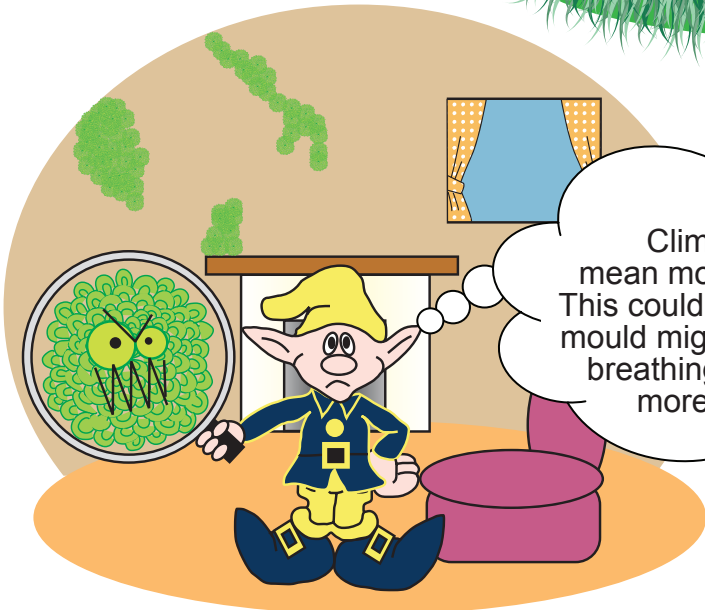
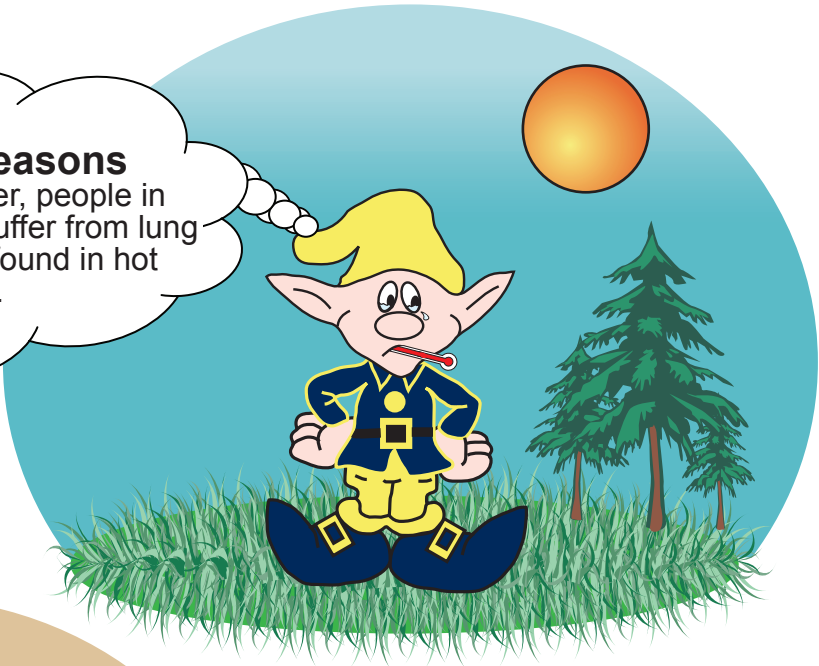


Plant growth

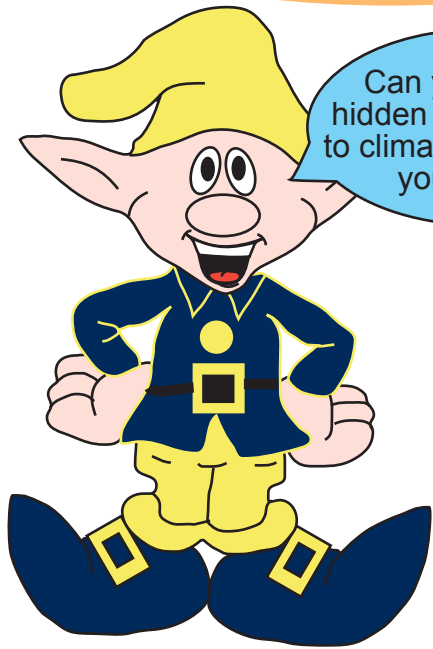
If the Earth gets hotter, plants will grow in places where they do not grow now. If you breathe in pollen that you are not used to, you might sneeze more often or get hayfever.



Changes in seasons
 If the world gets hotter, people in Europe might start to suffer from lung infections now only found in hot countries.



Flooding
 Climate change could also mean more heavy rain and flooding. This could make your house damp and mould might grow. If you have asthma, breathing in mould will make you ill more often and it can cause allergies.



Can you find the hidden words related to climate change and your lungs?

- Asthma
- Car
- Damp
- Earth
- Flood
- Greenhouse
- Lungs
- Mould
- Pollen
- Recycle
- Temperature
- Thunderstorm
- Walk
- Wheeze

A	S	T	H	M	A	F	E	A	R	T	H
R	G	R	E	E	N	H	O	U	S	E	J
H	Q	A	T	Y	D	C	W	D	A	M	P
A	O	I	U	O	L	Q	N	H	F	P	I
C	W	N	B	H	R	K	G	D	L	E	R
T	H	U	N	D	E	R	S	T	O	R	M
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I	Z	Z	S	C	C	Q	F	U	Y	U	L
E	E	N	W	A	L	K	Z	R	F	R	D
A	J	Q	X	R	E	P	O	L	L	E	N
A	E	L	F	Y	D	B	L	U	N	G	S

What can you do to help stop climate change?

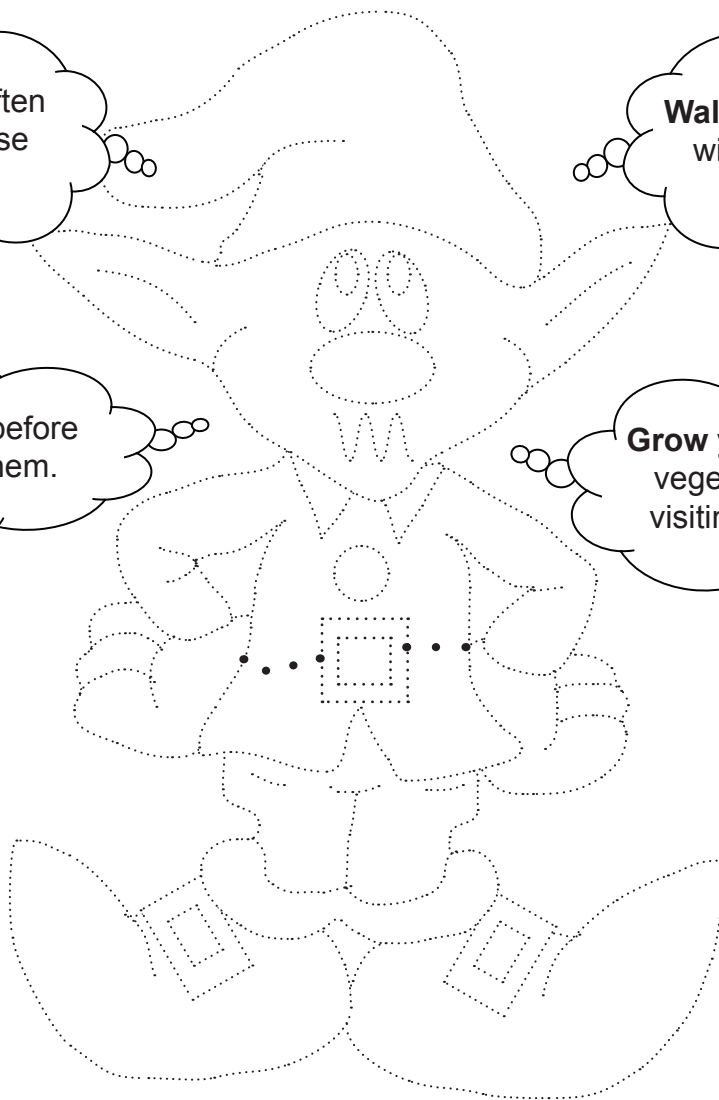
Help draw and colour in Elf and see what you can do to stop climate change.

Reduce how often your parents use the car.

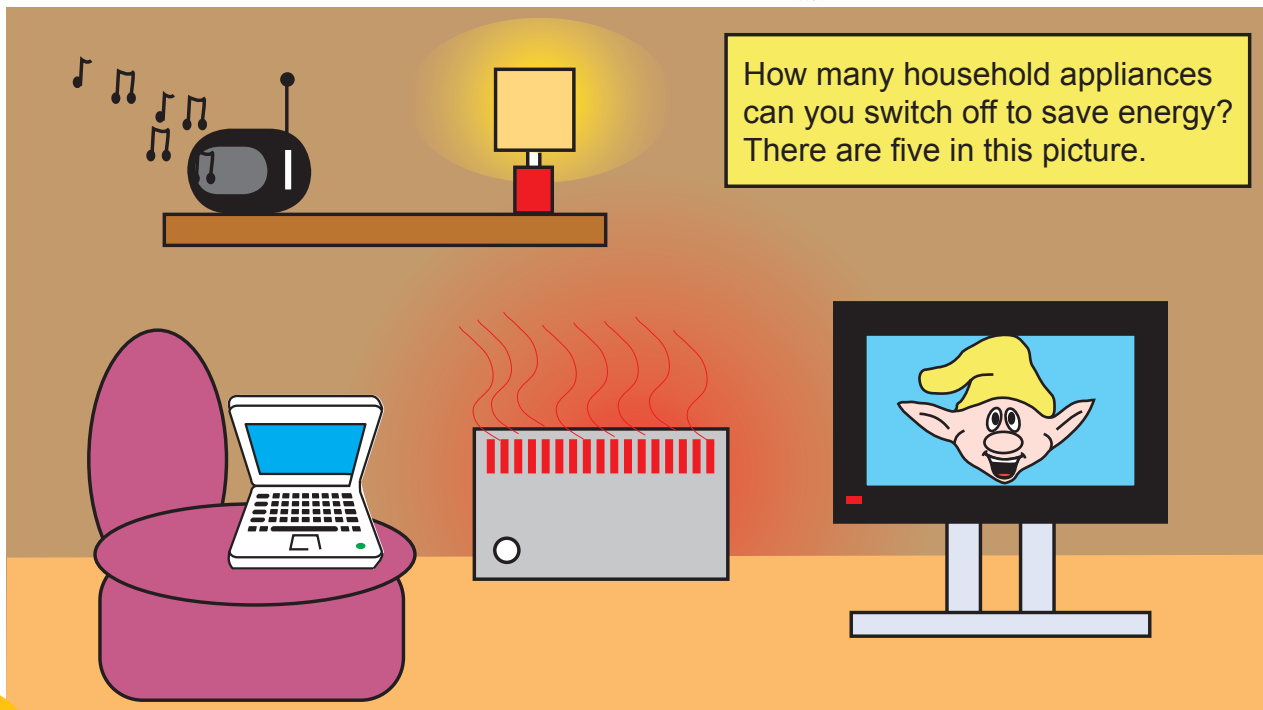
Walk or cycle to school with an adult or with friends.

Re-use things before you **recycle** them.

Grow your own fruit and vegetables instead of visiting a supermarket so often.



How many household appliances can you switch off to save energy?
There are five in this picture.



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For more information from ELF or the adult version of this factsheet please go to www.factsheets.european-lung-foundation.org
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