

# PROTECT YOUR KIDS' FUTURE

## AT HOME

- ☐ Get a home energy audit
- ☐ Weatherize your home
- ☐ Install a smart thermostat to conserve energy when you're away
- ☐ Use government incentive programs to swap gas appliances for electric alternatives
- ☐ Sign up for your local utility's green energy program
- ☐ Use government incentive programs to install solar panels and home storage batteries

## AT THEIR SCHOOL

- ☐ Push for solar panels to be installed to reduce energy costs
- ☐ Advocate to install heat pumps to replace traditional HVAC systems
- ☐ Ask for new, federally-funded electric school buses to replace diesel-powered ones

## TRANSPORTATION

- ☐ Transition to an electric vehicle (and take advantage of the federal tax credit)
- ☐ Use other modes of transportation, such as e-bikes, regular bikes, walking, buses, and trains
- ☐ Fly less

## IN YOUR COMMUNITY

- ☐ Look into whether a "micro-grid" of renewable power and large storage batteries could power your neighborhood
- ☐ Advocate for "natural playgrounds" for kids
- ☐ Push your public utilities commission (PUC) to switch local power plants to renewable sources and build efficient transmission lines and grids
- ☐ Vote for candidates who support a rapid transition away from fossil fuels

## OTHER STEPS

- ☐ Reduce meat and dairy consumption by eating more plant-based foods
- ☐ Compost food waste
- ☐ At work, push for energy conservation, electric appliances, and heat pumps
- ☐ Divest from fossil fuels and use banks that don't fund new fossil fuel projects
- ☐ Join a parents' group that is fighting for change, such as Moms Clean Air Force



# PROTECT YOUR KIDS NOW

## AIR QUALITY IMPACTS

- ☐ Get an air quality app on your phone to monitor air quality index (AQI) colors/levels
- ☐ Stay home if the AQI is greater than 100
- ☐ Use a MERV 13 filter in your air conditioner
- ☐ Buy a free-standing air purifier, or build one using instructions online
- ☐ Use N-95 masks on bad smoke days, or cloth covers over baby car seats
- ☐ Make sure asthmatic kids have their inhaler with them

## HEAT WAVES

- ☐ Follow heat maps and advice at [cdc.gov/HeatRisk](https://www.cdc.gov/HeatRisk)
- ☐ Get a wet bulb globe thermometer to measure “heat stress”
- ☐ Run errands or exercise in the morning to avoid afternoon heat
- ☐ If you are out in the heat, make sure kids drink lots of liquids and take frequent shade breaks
- ☐ Talk to your kids’ coaches about their procedures for keeping kids safe in the heat
- ☐ Check if your car has a “rear seat alarm” to remind you of a child in the back seat, or buy one that connects to your phone

## NATURAL DISASTERS

- ☐ Reassure children that you will keep them safe and that your family will be okay
- ☐ Give kids tasks to help, to build a sense of agency and competence
- ☐ Use parent and child resources, like the “Trinka and Sam” book series, from the National Child Traumatic Stress Network
- ☐ Get whatever psychological support for yourself that you can
- ☐ Follow authorities’ advice regarding evacuations, boiling water, etc.

## MOSQUITOS AND TICKS

- ☐ Use DEET or picaridin-containing insect repellants on children over 2 months old
- ☐ Use mosquito netting at night, or fans if possible
- ☐ In tick areas, wear a lightweight long-sleeved shirt tucked in at waist, and pants tucked into socks
- ☐ Apply permethrin to clothing and sleeping bags, not on skin
- ☐ Check your child head-to-toe for ticks after hikes
- ☐ Avoid brightly colored clothes, perfumed soaps and lotions
- ☐ Keep home window screens in good repair