



What is climate change?

The Earth is getting warmer mainly because people are adding greenhouse gases, like carbon dioxide, to the atmosphere that trap extra heat. Warmer temperatures lead to other changes that are known as climate change. Climate change describes a change in average weather conditions over time. In Illinois, temperatures are getting warmer, there are more and worse flood events, and air quality is poorer.

What is COVID-19 (coronavirus disease 2019)?

An infectious illness caused by a newly discovered coronavirus that spreads from person to person when in close contact. The main way the virus spreads is through respiratory droplets or small particles, produced when an infected person coughs, sneezes, sings, talks, or breathes.

Learn more at our website:
braceillinois.uic.edu



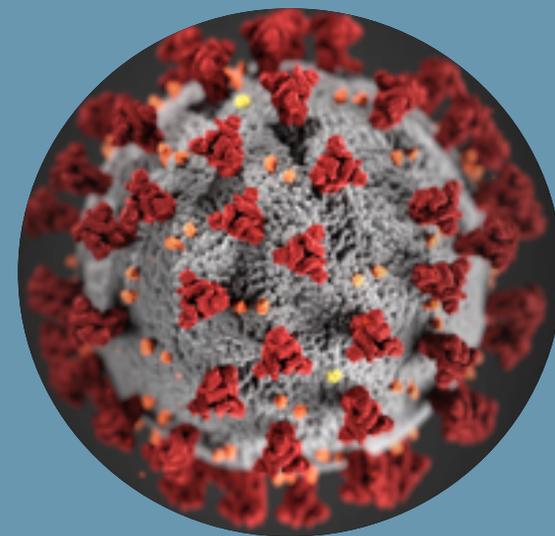
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Quiz answer key: 1. True 2. d. 3. True 4. True 5. False 6. False 7. a. 8. c.



CLIMATE CHANGE AND COVID-19

Climate and COVID-19 Challenge! Test your knowledge.

1. True or False: Wasting less food is a way to reduce methane, a greenhouse gas that contributes to climate change.
2. Which is a greenhouse gas?
 - a. Carbon dioxide
 - b. Methane
 - c. Nitrous oxide
 - d. All of the above
3. True or False: A consequence associated with climate change is more extreme weather like droughts, heat waves, and hurricanes.
4. True or False: The overwhelming majority of scientists agree that climate change is happening and mainly caused by human activities.
5. True or False: A person who has no symptoms of COVID-19 is not a risk to others.
6. True or False: People under age 35 in the US can get infected with coronavirus, and get sick, but there are no reported COVID-19 deaths of people in this age group.
7. Once infected with the coronavirus, it can take:
 - a. 2 to 14 days to show symptoms
 - b. 6 to 18 days to show symptoms
 - c. 15 to 20 days to show symptoms
8. A loss of _____ or taste is a symptom of COVID-19.
 - a. Touch
 - b. Appetite
 - c. Smell
 - d. Hearing

Sources: Climate change questions at <https://www.earthday.org/the-climate-change-quiz/> and COVID-19 questions at <https://www.kff.org/quiz/coronavirus-covid-19-quiz/> and <https://www.nebraskamed.com/COVID/fact-check-part-1-covid-19-myths-and-misinformation-quiz>

Climate change and COVID-19:

- Are both global issues with local impacts
- Negatively affect our physical and mental health
- Have devastating effects on the global and local economy
- Highlight the relationship between animal and human health. Deforestation contributes to climate change. It also causes animals to lose their natural habitat forcing them to find food and shelter closer to people. This can increase the risk of disease spreading from animals to humans
- Negatively impact respiratory health. Climate change worsens air quality and can lead to increased air pollution. People exposed to more air pollution are at increased risk of having worse symptoms and dying from COVID-19. People who recover from COVID-19 may have prolonged respiratory issues
- Disproportionately affect the health of economically disadvantaged and vulnerable communities (i.e., racial and ethnic groups, elderly, individuals living with existing health issues, etc.)
- Can happen at the same time. Climate-related extreme events occur more and more frequently (i.e., floods, hurricanes, wildfires). Emergency response strategies like mass sheltering, may increase the risk of viral spread.
- Make emotional grief due to COVID-19 illness and climate impacts to health, homes and property more difficult when distancing from loved ones

Did you know...

We spend over \$3 trillion every year on healthcare in the US. We can save money and lives by slowing down both climate change and COVID-19. Start by checking out the six steps you can take in this brochure



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Steps you can take to reduce your risk of COVID-19 and carbon footprint on the climate:

- 1 Walk or bike to run errands to reduce carbon footprint and safely exercise during COVID-19
- 2 Support local businesses to reduce environmental impact while also financially helping them during the pandemic
- 3 Consider a re-usable mask vs. single use masks to reduce waste and pollution to produce them
- 4 When shopping online, consolidate your orders to reduce the number of truck deliveries and packages shipped to your home
- 5 Try gardening to eat more locally and planting trees to exercise safely and help to improve air quality
- 6 Have a family preparedness plan to safely respond to an extreme weather event (i.e., flood) during the pandemic