Climate Crisis and Health – How to Protect Children

The climate crisis has many different effects – also on our health. Especially children bear an increased risk. Their physical development is not yet complete and their organism is vulnerable towards environmental influences. In addition, children have little experience in handling everyday situations and are therefore dependent on the care of their caregivers.

Heat

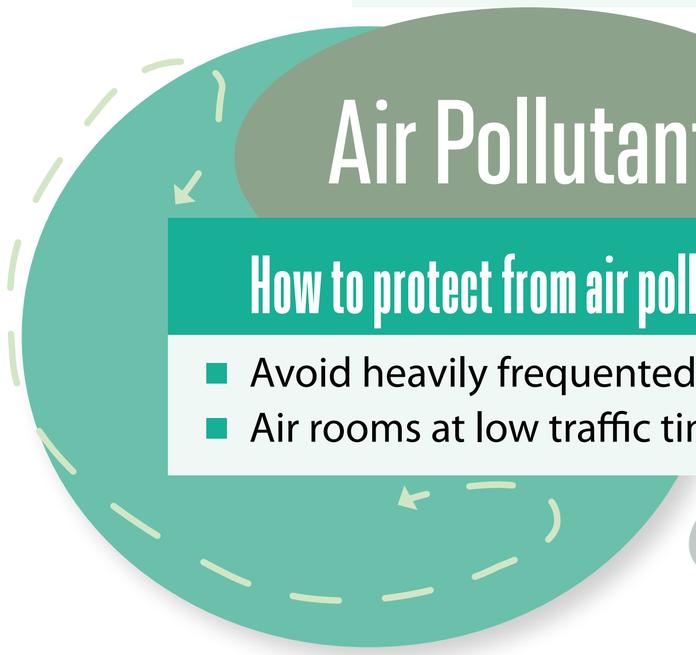
How to protect from heat

- Choose loose, light clothing
- Cool down during activities
- Drink plenty of water (as a guideline: children between 1 and 7 years should drink 1 litre per day). In case of high temperatures or many activities, they need to drink even more
- A water-rich diet including lots of fruit and vegetables is ideal
- Darken windows during the day (e.g. with roller shutters) and keep them closed
- Air rooms at night, when it is coolest outside

UV Radiation

How to protect from UV radiation

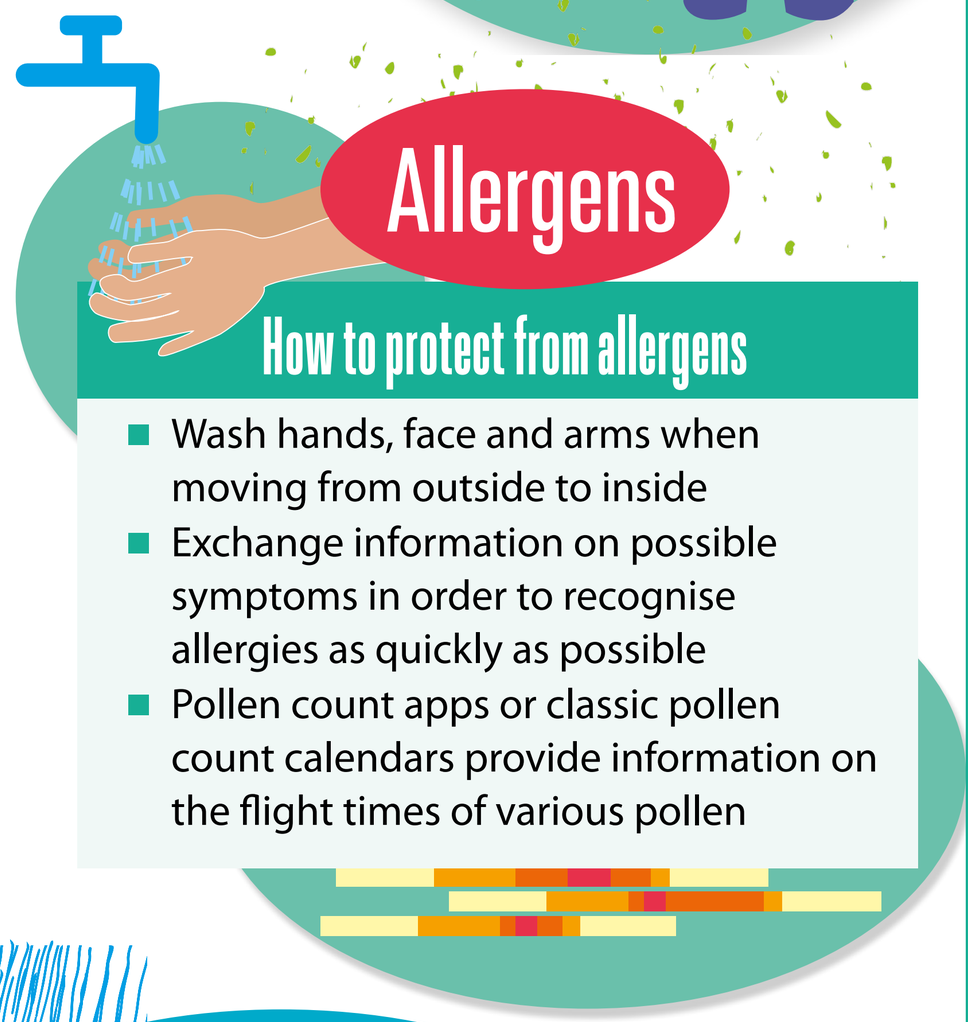
- Avoid intense midday sun
- Stay in the shade
- Wear long, airy clothing, sunglasses with certified UV protection and headwear
- Use sunscreen



Air Pollutants

How to protect from air pollutants

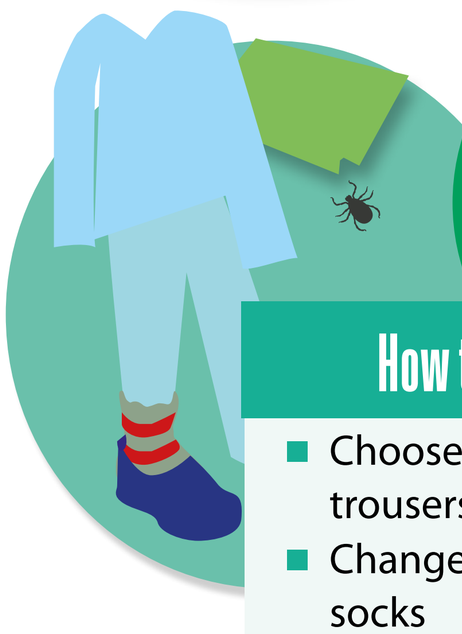
- Avoid heavily frequented roads
- Air rooms at low traffic times



Allergens

How to protect from allergens

- Wash hands, face and arms when moving from outside to inside
- Exchange information on possible symptoms in order to recognise allergies as quickly as possible
- Pollen count apps or classic pollen count calendars provide information on the flight times of various pollen



Insects and Ticks

How to protect from insects and ticks

- Choose long, light clothing and tuck the trousers into your socks
- Change dirty and sweaty clothing and socks
- Ask parents to check their children for ticks after outdoor activities
- Remove ticks correctly and as quickly as possible

Extreme Weather

How to protect from extreme weather

- Pay attention to changes in children's behaviour due to extreme weather
- Look for support at local advice centres
- The Health-Weather-App (German: GesundheitsWetter-App) of the German Meterological Service (DWD) provides information on the current warning and weather situation

* a recommendation of the German Society for Nutrition (DGE)

KlimaGesundheit Aktiv für Kitas

For more information check out the programme's booklet *KlimaGesundheit – Aktiv für Kitas* or our website:
www.klimagesundheit.bildungscent.de

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