 ***Earth Day - April 22 Bike-to-Work Day - May 20*** 

***World Oceans Day – June 8 National Honeybee Day – August 22***

Feel like you can’t get away from the topic of climate change? There may be a reason for that. Climate change is speeding up and affecting our health and safety. Climate change can lead to:

* Higher temperatures with more illnesses from heat.

***Climate:*** *the average weather in a place over time.*

***Climate change:*** *a major change in temperature, rainfall, snow, or wind patterns that lasts for many years. Caused by nature or humans.*

[Climate Change: MedlinePlus](https://medlineplus.gov/climatechange.html)

* More air pollution that causes heart and breathing problems.
* More diseases from insects as mosquitoes and other bugs spread to areas that used to be too cold for them.
* More extreme weather events such as tornadoes and large rainfalls.

Climate experts are working on solutions. But there are also things that you can do right now. Want to do your part? Hennepin County provides [ideas for ways to take climate action](https://www.hennepin.us/climate-action/what-we-can-do/earth-day-2022):

* **Drive less:** Walk or bike instead of driving, or carpool or take the bus or light rail. Even parking your car and riding a bike part of the way can help.
* **Switch to renewable energy and use less energy:** Look for [Energy Star](https://www.energystar.gov/products?s=mega) and [WaterSense](https://www.epa.gov/watersense) labels when buying new appliances.
* **Avoid wasting food and eat more plants:** Try meals with little or no meat; plan how to use leftovers; and embrace “ugly” or imperfect produce.
* **Live a low-waste lifestyle:** Learn how to [reduce plastic use](https://www.hennepin.us/climate-action/what-we-can-do/go-plastic-free) or sign up for the Hennepin County [Zero Waste Challenge](https://www.hennepin.us/zerowastechallenge).
* **Save our natural resources:** Water your lawn at dawn or dusk so the water won’t evaporate. Run your dishwasher only when it’s full. Install a water-saving shower head. These are simple first steps to conserve our limited water supply.
* **Work towards becoming a climate role model:** If you are interested in learning and doing more, check out one of these websites: [ClimateHero](https://climate-calculator.climatehero.me/?source=MicrosoftAds&msclkid=378a8d425ba91c48bd81ef23c9dc9d90) or the [Carbon Footprint Calculator](https://www3.epa.gov/carbon-footprint-calculator/).

<https://www.hennepin.us/climate-action/what-we-can-do/earth-day-2022>

<https://www.energystar.gov/products?s=mega>

<https://www.epa.gov/watersense>

<https://www.hennepin.us/climate-action/what-we-can-do/go-plastic-free>

<https://www.hennepin.us/zerowastechallenge>

<https://climate-calculator.climatehero.me/?source=MicrosoftAds&msclkid=378a8d425ba91c48bd81ef23c9dc9d90>

<https://www3.epa.gov/carbon-footprint-calculator/>

<https://medlineplus.gov/climatechange.html>