



# Pregnancy is Unpredictable

## A Changing Climate

### Increases the Unpredictability

*"Navigating motherhood in climate change is not easy. When the air clouds with smoke I feel fear. Fear for my own health and for the health of my unborn child."*

*-Julia Ryder, Montana Mother and Nurse*



#### Climate Change and Your Baby



Research has found a correlation between maternal exposure to temperatures higher than 85 degrees Fahrenheit for more than 2 consecutive days and congenital heart defects in babies



Studies have found that air pollution can cause disruption of healthy brain development of babies during the first trimester of pregnancy.

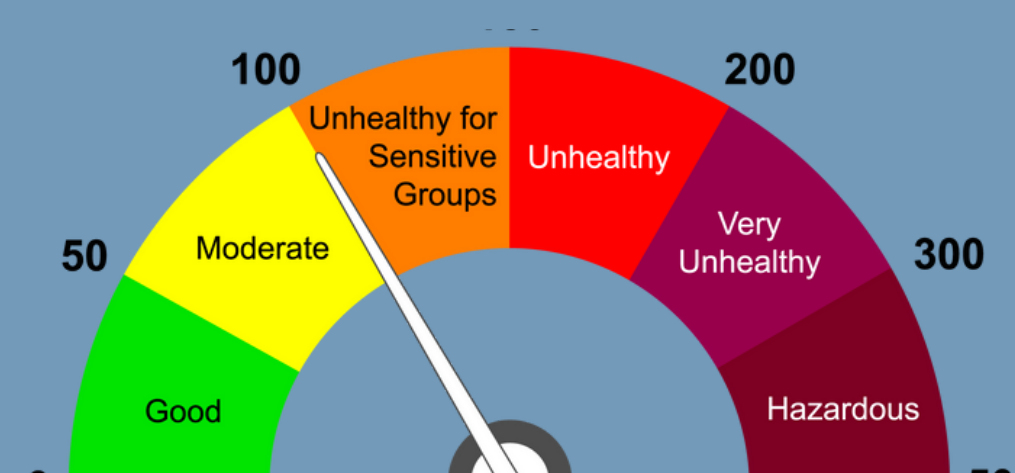


Both air pollution and heat exposure have been linked to preterm births, low birth weights, and miscarriages in studies across the United States.

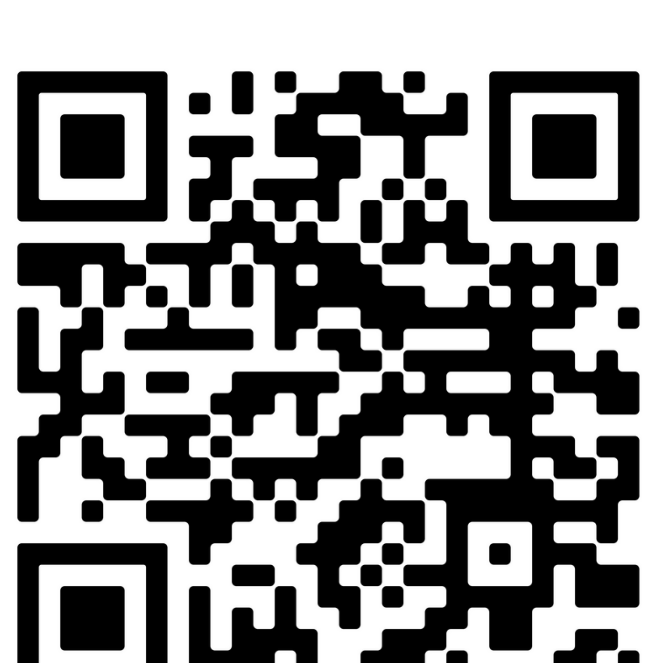
#### Increase the Predictability of Your Pregnancy

- Stay indoors if the temperature is greater than 85 degrees Fahrenheit.
- Avoid outside activities if the Air Quality Monitor states "Unhealthy for Sensitive Populations."

Look for the color orange.



- Hydrate.
- Ask your doctor for guidance.
- Keep clear of idling cars, to avoid inhaling vehicle emissions.
- Assess any indoor air pollutants in your home, such as: a wood stove, gas range, or smokers.



Find out more about pregnancy and climate change here.