



# BEING PREGNANT DURING CLIMATE CHANGE

## THE RISKS

**Extreme heat (90°F+) can cause heart problems for your baby and make labor more dangerous.**

**Wildfire smoke is linked to smaller babies born earlier, and to miscarriage. It also affects brain development.**

## THE SOLUTIONS

**Phone apps like AirNow and NIOSH Heat Index monitor safe weather.**

**Avoid being outside when it's 85°F or hotter. Drink water!**

**On hot days, run errands when the sun is low.**

**Use an A/C - either in your house or in a public space.**

**Indoor air pollution is also bad for you and baby; don't smoke inside.**

**Vote! Your voice as a parent is powerful. Ask legislators to protect our climate.**

**Resources:**

