

Care About Health



Art by Makenna, age 10, Carlsbad, CA, USA



Get Inspired!

- **Quote:** "If we begin to diligently care for the environment, it will greatly improve human health." Lailah Gifty Akita
- **Fact:** Nearly $\frac{1}{4}$ of the deaths around the world could be prevented by reducing environmental risks. [Source](#)



Get Informed!

- Learn all about environmental health from [A to Z](#)
- Watch this creative [video about Climate Justice](#) made by kids
- Read about how [reducing plastics is better for your health](#)



Get Talking!

- What groups of people are affected most by the health of our environment?
- What can we do to care for the environment that will also improve our health?
- What is one thing you plan to do to help improve environmental health?



Get Going!

- Make a [healthy snack to enjoy](#) together.
- Talk about the importance of protecting our skin from the sun and complete this [skin wise poem](#).
- Read books on [emergency preparedness](#).
- Find more resources and project ideas [here](#).