



**EarthMedic  
EarthNurse**  
*Promoting Health of People*



MINISTRY OF HEALTH & WELLNESS



**COLUMBIA**  
MAILMAN SCHOOL  
OF PUBLIC HEALTH  
GLOBAL CONSORTIUM  
ON CLIMATE AND  
HEALTH EDUCATION

# 10 ways we can together *Fight the Climate Crisis*

1.

**Spread the word Encourage friends, family and co-workers to reduce their carbon pollution.**

2.

**Political pressure Lobby politicians and businesses to support efforts to cut emissions**

3.

**Transform your transport leave your car at home and walk or cycle if possible; get an E-car**

4.

**Tweak your diet Eat more plant-based meals - your body and the planet will thank you.**

5.

**Reduce your power use**

6.

**Shop local and buy sustainable buy local and seasonal foods.**

7.

**Don't waste food** One-third of all food produced is either lost or wasted.

8.

**Dress (climate) smart. Buy fewer new clothes and wear them longer**

9.

**Plant trees!**

10.

**Focus on planet-friendly investments Choose financial institutions that don't invest in fossil fuels**

**LET'S DO IT** Together