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Osnovna škola Bartola Kašića

Vinkovci

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**Stop Climate Change – Together Europe Achieves More**

## Climate Change and Health



Osnovna škola Bartola Kašića and Institute of Public Health of Vukovar-Srijem County organised on 6 March a lecture on influence of climate changes on health for pupils and their parents, which was held by Martina Dadić.

Climate changes affect health by affecting air quality, safe drinking water, sufficient food and shelter. Effects of climate changes are negative. Children and elderly people are the most vulnerable.

Extreme heat cause death from cardiovascular and respiratory diseases. Pollen and other aeroallergen levels are also higher in extreme heat and they can trigger asthma. Irregularity of rainfall will affect the supply of fresh water. A lack of safe water can increase risk of diarrhoeal diseases. Water scarcity also leads to drought and famine. Periods of extreme weather, floods, etc. can affect mental health. People suffer from high levels of anxiety and post-traumatic stress disorder.

Global warming caused wider spreading of some insects that transmit dangerous infectious diseases (malaria, encephalitis, Lyme disease, West Nile virus, etc.). It is important to raise awareness of dangers for our health and to realise how important it is to take care of health and to promote environmentally friendly lifestyle in order to stop (or, at least, slow down) global warming.

