

Climate Change is a health issue.

Climate change is the greatest current population health concern.

Reasons include more wildfires, water and air pollution, and extreme weather and temperature trends which lead to more disease, allergies, malnutrition, heat stress, and other illnesses.

Here's what *Guelph Family Health Team* is working on to combat **climate change**:

Mask Recycling



- The Guelph FHT provides over 35,000 patient care days a year requiring medical masks by providers and staff
- Recycling these masks helps reduce the environmental impact of safe healthcare practices

HOW TO GET INVOLVED Ask your doctor's office if they recycle their masks and if patients can recycle their masks too!

To learn more:



Exam Paper



- If all Guelph FHT doctors used exam table paper, it would use over 1,200 kg of paper a year
- Exam paper is not needed when cleaning practices are used instead

HOW TO GET INVOLVED Notice no exam table paper at your visit? It's OK! Your doctor's office is saving paper while keeping you safe.

To learn more:



Inhaler



- Metered dose inhalers are common in asthma and chronic obstructive pulmonary disorder care
- 100 inhaler doses release greenhouse gas, as much as driving a car 290 km

HOW TO GET INVOLVED There are more environmentally friendly, effective inhalers that can be used. Talk to your Health Care Provider to learn more.

To learn more:



Batteries



- Many medical devices rely on batteries
- 24 hr blood pressure monitoring machines use batteries that cannot be reused once the machine is returned
- Last year, Guelph FHT did 450+ of these visits, using 1,800 batteries

HOW TO GET INVOLVED Ask your clinic to reuse batteries, switch to rechargeable batteries and properly dispose to help reduce battery waste.

To learn more:



Virtual Visit



- Phone or video appointments reduce travel (less carbon emissions)
- No need for face masks and other protective equipment (less waste)

HOW TO GET INVOLVED Not all appointments can be done virtually. Think about if phone or video can meet your needs when you book an appointment.

To learn more:

