

## WHAT CAN YOU AS AN INDIVIDUAL DO TO HELP WITH CLIMATE CHANGE ISSUES?

- Utilization of energy saving devices for lighting and heating;
- Switch off unnecessary lights and electrical devices if not used;
- Unplug televisions, radios, entertainment and other devices that still consume electricity despite they are switched off;
- Regular servicing of motor vehicles may improve fuel economy and reduce emissions;
- Limit the emissions of Co2 and other greenhouse gases, for example, drive less;
- Recycle more and use more recycled materials;
- Change to environmentally friendly products, for example, aerosols and fumigants, that are chloro-fluoro carbon (CFC) free;
- Planting of trees and avoid cutting of trees;
- Avoid making fire which emit excessive smoke, for example, use the Basa njengo Magogo approach; and
- Avoid littering and pollution of natural recourses like rivers, streams, lakes and dams.

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# CLIMATE CHANGE AND HEALTH



**health**

Department:  
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## WHAT IS CLIMATE CHANGE?

Climate change is a change of climate, which is attributed directly or indirectly to human activity that alters the composition of the global atmosphere and which is in addition to natural climate variability observed over comparable time periods (UNFCCC).



## WHO IS TARGETED?

- Informal settlements;
- Remote and rural areas;
- Peri-urban areas; and
- Urban areas.

## WHAT CAUSES CLIMATE CHANGE?

Climate change is caused by various factors, which includes such processes as variations in solar output, volcanism, orbital and ocean variability and human influences.

## WHAT ARE SOME OF THE RISKS ASSOCIATED WITH CLIMATE CHANGE?

- Extreme weather-related effects: droughts, rising sea levels and floods;
- Air pollution-related effects: industrial emissions;
- Temperature related illness and deaths: heat waves and fires;
- Air-borne biological particles (aero-allergens): pollen, moulds and spores;
- Demographic and socio-economic disruptions;
- Effects of food and water shortages;
- Smoke from stoves, open veld fires and imbaolas;
- Natural disasters, for example, mud slides; and
- Ecological disruptions and changes (food chain).



## WHAT ARE SOME OF THE IMPACTS OF CLIMATE CHANGE ON HUMAN HEALTH?

- Increases in malnutrition and consequent disorders for child growth and development;
- Increased deaths, disease and injury due to heat waves, floods, storms, fires and droughts;
- Increased burden of diarrhoea and respiratory diseases;
- Increased frequency of cardio-respiratory diseases due to higher concentrations of ground level ozone;
- Increased infectious disease vectors.
- Water and food-borne diseases;
- Vector and rodent-borne diseases; and
- Mental, nutritional, infectious and other health effects.