

Climate change adaptations for northern
First Nation communities & individuals

HEALTH

CLIMATE CHANGE

warmer temperatures
changing rain & snow

IMPACTS ON THE LAND

warming temperatures
shifting ranges
longer growing season
flooding & fires
hot days
ticks & mosquitoes in new places
more pollen
evacuations
mold in homes & smoke in air

IMPACTS ON PEOPLE

heat illness
lyme disease
west nile virus
allergies
mental stress
respiratory issues

Support cultural activities

Plan for hot weather if needed

Get support from health services

Monitor air quality

Designate a refuge centre

Such as cooling centres, evacuation centres & clean air spaces

Make a community plan for weather events

Identify vulnerable populations & include their needs

Protect yourself from sun & heat

Monitor for ticks & mosquitoes and prevent bites

Recognize & prevent mold growth in homes

25°C 26°C 30°C

Monitor for heat & heatwaves



UP NORTH ON CLIMATE
Climate Change Impact and Adaptation
Study for the North of Ontario

HEALTH - ADAPTATION OPTIONS



Health support

- Make sure that health professionals serving the community know the health risks of climate change.
- Information about climate change and health should be shared with the community.
- Advocate for health services for climate change challenges (mental health support, medications for asthma, respiratory conditions, Lyme disease prevention, etc.).

Community plan for weather events

- Communities can make a plan/plans for events like heat, storms, flood, wildfire, etc.
- Consider things like community alerts, refuge centres, emergency supplies, planning for power outages, evacuation plans, etc.
- Identify vulnerable groups in the community (children, Elders, those with health issues, etc.) and include their needs.

Monitor air quality

- Air quality could be affected by wildfire smoke or increases in pollen/allergens.
- Monitor air quality in the community with existing programs (like firesmoke.ca) or with a community air-monitoring station.

Protection from sun & heat

- Avoid sunburns and heat illness by:
 - finding shade
 - covering skin with clothing or sunscreen
 - wearing hats & sunglasses
 - limiting activity in the hottest part of the day

Monitor for hot weather

- Create a monitoring program for heat events. Warn community members of hot weather days and share steps for avoiding heat illness.

Monitor & prevent bites from ticks and mosquitoes

- Climate change will allow species to live in areas where they couldn't live before, like blacklegged ticks that can carry Lyme disease or mosquitoes that can carry West Nile virus.
- Monitoring activities, like tick dragging and mosquito traps, can help alert communities to new species in their area.
- Help prevent infection by preventing bites. Take actions like covering skin, using 'bug spray' and checking for ticks after being outdoors.

Recognize & prevent mold growth in homes

- Mold can grow when there is extra moisture in your home from condensation, leaking pipes, flooded basements, etc.
- Share information about recognizing, preventing, and dealing with mold in community homes.

Cultural activities

- Cultural activities support community health and well-being.
- Consider weather and the changing climate when planning traditional or outdoor activities; provide shade, water and shelter to participants.

Refuge centres

- Refuge centres provide safe spaces for people during emergencies or extreme events.
- Cooling centres for hot weather, clean air spaces for poor air quality, and evacuation centres or emergency housing for people who have to leave their homes, are types of refuge centres.



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*Adaptations vary in scale (small to large), focus (individual to community) & cost (low to high). Find what works for you and your community.