



The Climate Change Survival Health Kit

To be presented to Prime Minister Turnbull by Doctors for the Environment Australia on behalf of health professionals demanding urgent cuts to greenhouse gas emissions

WHEN: Monday 27th June 2016, 9am

WHERE: Wentworth electorate office
Ground Floor, 287-289 New South Head Road
Edgecliff NSW 2027

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- Ice block tray

We will need to learn to keep cool with hotter, longer and more frequent heatwaves from climate change. We are already seeing heatwaves cause higher rates of heat-related illnesses, worsening of existing health conditions, and deaths, putting more strain on our health and emergency services. (1)

- Salbutamol inhaler (Ventolin) bronchodilator for asthma
- Beclomethasone nasal spray (Beconase) and fexofenadine (antihistamine) to reduce allergic reactions

Climate change will affect the health of people with respiratory conditions such as asthma through higher temperatures increasing urban air pollution, airborne allergens and bushfire smoke. (2,3,4) Rhinitis and hay fever will increase due to higher temperatures causing increased airborne allergens (pollens, dust, smoke).

- Oral rehydration salts (Gastrolyte) for dehydration due to diarrhoea
- Loperamide tablets (Stop-It) for diarrhoea

Climate change causes increased temperatures which may increase the risk of foodborne infections causing gastroenteritis. (5)

- Water purification tablets (Aquatabs) for ensuring clean water

Climate change is likely to affect water quality in many ways- from drought to flooding, and increased risks of algal blooms. (6)

- Tropical strength insect repellent (Bushman) to repel mosquitos

Climate change brings increasing temperatures and changing rainfall patterns and is expected to change the patterns of mosquito borne diseases, such as dengue fever and Ross River virus. (7)

- Sunscreen

With hotter longer heatwaves, many people will seek relief at the beach. Australian scientists are developing new sunscreens from compounds found on our corals reefs, but these reefs are already dying due to lack of urgent climate change action. Coral reefs are vast stores of genetic resources for new medicines & compounds important to human health. (8,9)

- Men's 50+ multivitamins

Climate change brings extreme weather such as heatwaves and drought, and changing patterns of pests and diseases, which may threaten food supplies. This has implications for good nutrition. (10)

- Omega 3 fish oil

Diets rich in fish provide omega-3 polyunsaturated fatty acids, playing a role in the prevention of heart disease and other conditions. Many fish depend on healthy marine ecosystems but these, such as the Great Barrier Reef, are at great risk because of climate change. (11)

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