HOW TO RESIST CLIMATE CHANGE?

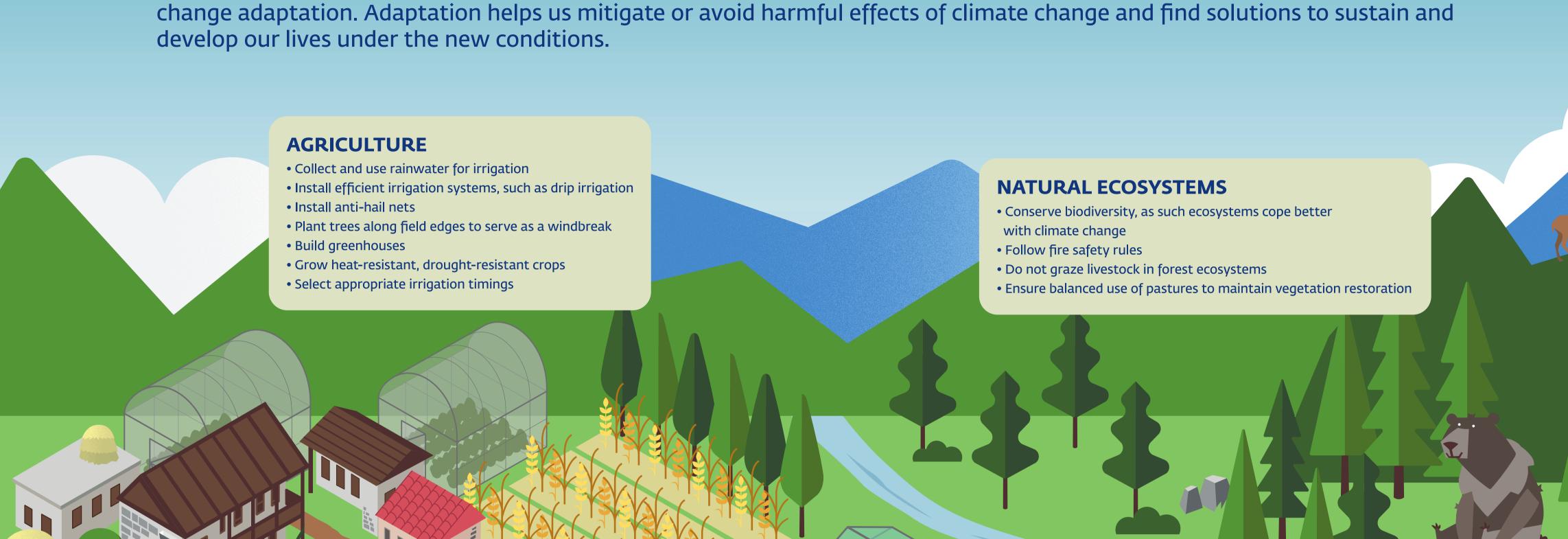








Negative effects of climate change can be mitigated by taking a number of preventive measures. This process is called climate change adaptation. Adaptation helps us mitigate or avoid harmful effects of climate change and find solutions to sustain and



HUMAN HEALTH

- Add green spaces to urban settlements
- Be informed about the spread of diseases and preventative measures
- Dress according to the weather
- Often drink water

DISASTER RISK REDUCTION

- Do not pollute flood control channels and rivers
- Strengthen riverbanks
- Plant and protect deep-rooted trees in coastal areas
- Follow the weather forecast
- Install drainage systems

