



# Pregnancy in a Changing Climate

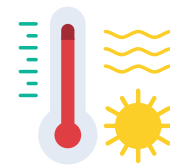
## Safeguarding Your Health and Your Baby's Future

Sourced With The Support Of Montana Health Professionals For A Healthy Climate

"The effects of climate change include food and water insecurity, civil conflicts, extreme weather events, and the spread of disease — all of which put women at elevated risk of disease, malnutrition, sexual violence, poor mental health, lack of reproductive control, negative obstetric outcomes, and death."

-The American College of Obstetricians and Gynecologist

## What You Should Know



Rising temperatures can lead to dehydration, heat exhaustion, and an increased risk of preterm birth.



Events like hurricanes and floods can cause significant stress, leading to complications such as high blood pressure and preterm labor.



Exposure to pollutants and wildfire smoke can negatively affect fetal development and increase respiratory issues.



Flooding and droughts can compromise water quality, increasing the risk of infections and other health concerns.

## Protective Measures



Drink plenty of fluids, especially in hot weather, to avoid dehydration.



To prepare, utilize mobile applications such as Weather, IQAir AirVisual, Air Quality and Pollen, and EPA AIRNow to see real-time updates.



Avoid outdoor activities during extreme heat days. Utilize public buildings and/or cooling stations.



Consider masks when Air Quality index (AQI) is in hazardous range.



Ask local and national leaders to vote for policies protecting our air quality.



Prepare a ready-to-go bag with essential supplies.



For more information, visit [www.msclimateandhealthequity.com](http://www.msclimateandhealthequity.com)



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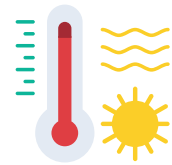
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