

# Global warming mitigation which our society needs to take

**Global warming is mainly caused by increased greenhouse gases such as CO<sub>2</sub> emitted from human activities. All of us must work together to stop global warming. Small actions can make a big difference. Start what you can do today.**

Reduce CO<sub>2</sub> emission by taking countermeasures of energy saving

## Mitigation

involves “stopping global warming” by reducing greenhouse gas emissions or by adopting forest CO<sub>2</sub> absorption countermeasures.

Reduce loss and damage caused by global warming

## Adaptation

involves “reducing loss and damage caused by global warming as much as possible” by means of countermeasures and preparedness against natural disasters linked to extreme weather.

# Mitigation

## Saving energy

Electricity generation produces great amount of CO<sub>2</sub>

- Frequently turn off electricity
- Air conditioner should be set to around 28 degrees for cooling in summer, and 20 degrees for heating in winter
- Switch to a solar power system and energy efficient appliances

## Reduce waste

Electricity is used for waste processing such as waste disposal

- Promote the 3Rs (Reduce, Reuse, Recycle)
- Separate your garbage
- Squeeze water out of your kitchen garbage before disposal

## Daily activities

Going out, shopping, dining out etc.

- Switching short trips to walking, cycling or public transportation
- Shop less
- Bring your own bag
- Do not order more than you can eat
- Switch to an eco-friendly car

# Adaptation

## Heat countermeasures

Protect yourself from the heat

- Block direct sunlight with a green curtain or a sun shade
- Get information via the heatstroke warning system provided by the government.
- Use your air conditioner effectively
- Stay hydrated and eat adequate amount of sodium

## High temperature countermeasures

- Infectious diseases via transmission media such as insects
- An effect on the ecosystem and agricultural products

- Use insect repellents
- Remove the breeding sources for mosquitoes such as a puddle
- Wear a face mask and wash your hands

## Disaster countermeasures

Prepare for disasters such as localized heavy rain and landslide disasters

- Ensure the location of an evacuation site near you and your evacuation plan
- Participate in a disaster prevention drill
- Double check disaster prevention information issued by the prefecture or the city you live in. (Hazard maps and evacuation routes)
- Store drinking water, food and general goods

Please check out “Kofu eco”, official global warming countermeasure information site for more information on the city’s approaches to global warming.

<https://www.city.kofu.yamanashi.jp/smartcity/>



Contact number

Kofu environmental conservation section

☎ 0 5 5 – 2 4 1 – 4 3 1 2