

# Climate and Health Resources: CALIFORNIA



Climate change poses risks to human health. [Already in the United States](#), we are seeing rising temperatures, increased frequency and intensity of some types of extreme weather, sea level rise, and other changes in weather and climate patterns. We are all vulnerable to the health impacts associated with climate change. However, these climate and health risks vary across the country.

California is warming – Southern California has warmed about 3°F in the last century. This and other climate impacts, like wildfire and drought, mean increasing risks to health. Examples of risks and actions for Californians include:

- **Rising temperatures and changing rain patterns will lead to more frequent or intense droughts.** Droughts limit the availability and quality of drinking water. [Learn how you can take action to protect against droughts](#), such as:
  - **Prepare:** Reduce water use. For example, use low-flow faucets.
  - **Prepare:** Be aware that droughts may reduce the quality of drinking water from private wells.
  
- **More frequent and longer-lasting wildfires cause more emergency room visits** for asthma, COPD, and other lung conditions. [Learn how you can take action to protect against wildfires](#), such as:
  - **Prepare:** Follow your doctor’s instructions for managing existing lung diseases and medicines.
  - **Respond:** Check local news and reports for information on air quality, visibility, and evacuation orders.
  
- **Longer warm seasons mean that ticks that carry Lyme disease will emerge earlier in the season and move into new areas.** [Learn how you can take action to protect against ticks](#), such as:
  - **Respond:** Check for and remove ticks promptly after coming indoors. Remember that pets may bring ticks into the house.
  - **Respond:** Wear protective clothing (such as high boots and long sleeves and pants), and consider using insect repellent.

Learn more in the [USGCRP Climate and Health Assessment](#).

The examples of risks and actions provided in this document are not a comprehensive list. The examples provide users with illustrative impacts and resources for further information. Example selection decisions were based on relevance to the state or region and representation of a diversity of health threats. Selection does not imply ranking of severity of impacts nor prioritization of actions. The examples of impacts are based on "The Impacts of Climate Change on Human Health in the United States: A Scientific Assessment," available at <https://health2016.globalchange.gov>, as well as the National Climate Assessment at <http://nca2014.globalchange.gov/>

## RESOURCES FOR CALIFORNIANS

Resource Topic	Information	Source
<b>Climate Change Impacts</b>	<b>Learn more:</b> <a href="#">What Climate Change Means for California</a>	U.S. Environmental Protection Agency
	<b>Learn more:</b> <a href="#">National Climate Assessment: Southwest</a>	U.S. Global Change Research Program. 2014.
	<b>Explore Actions:</b> <a href="#">Marin County, California Climate Action Plan</a>	Marin County, California. July 2015.
	<b>Explore Actions:</b> <a href="#">City of Santa Cruz Climate Adaptation Plan</a>	City of Santa Cruz. 2012.
	<b>Explore Actions:</b> City of Chula Vista <a href="#">Climate Adaptation Strategies: Final Implementation Plans</a>	City of Chula Vista. May, 2011.
	<b>Find Resources:</b> <a href="#">EPA Region 9 (Pacific Southwest)</a>	U.S. Environmental Protection Agency
<b>Public Health Information</b>	<b>Find Resources:</b> <a href="#">California Department of Public Health</a>	State of California
	<b>Find Resources:</b> <a href="#">California Emergency Response and Disaster Preparedness</a>	State of California
<b>Climate and Health Resources</b>	<b>Explore Actions:</b> <a href="#">Preparing California for Extreme Heat: Guidance and Recommendations</a>	California Environmental Protection Agency (CalEPA), California Climate Action Team (CAT), California Department of Public Health. October, 2013.
	<b>Explore Actions:</b> <a href="#">Climate Action for Health: Integrating Public Health into Climate Action Planning</a>	California Department of Public Health. February, 2012.