Climate and Health Resources: CONNECTICUT

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.

Connecticut has warmed 2°F to 3°F in the last century and heavy rain storms are happening more often. These and other climate impacts mean increasing risks to health. Examples of risks and actions for Connecticut residents include:

- **Higher temperatures and other weather changes will increase levels of ozone pollution** (a component of smog), increasing health risks like asthma-related hospital visits. Learn how you can take action to protect against poor air quality, such as:
    - o *Prepare*: Check news or airnow.gov for the local air quality index.
    - o *Respond:* Reduce outdoor activity when pollution levels are high.

- **Extreme weather events can disrupt infrastructure** (damage to roads, bridges, or utilities). For example, a heat wave contributed to the 2003 Northeast blackout. Power outages have been linked to increased injuries, illnesses, and deaths. Learn how you can take action to manage infrastructure disruptions, such as:
    - o *Respond:* Avoid fallen power lines.
    - o *Respond:* Keep power generators outside to avoid fire and carbon monoxide risks.

- **Intense hurricanes are becoming more common**. Flooding associated with hurricanes (like Superstorm Sandy) increases the risk of injury and disease. Learn how you can take action to protect against floods, such as:
    - o *Prepare:* Plan and practice your evacuation route. Evacuate when advised to do so.
    - o *Prepare:* Ask someone out-of-state to act as a "family contact" in case your family is separated.

Learn more in the USGCRP Climate and Health Assessment.

The examples of risks and actions provided in this document are not a comprehensive list. They provide users with illustrative impacts and resources for further information. Examples were selected 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 CONNECTICUT RESIDENTS		
Resource Topic	**Information**	**Source**
Climate Change Impacts	**Learn more:** What Climate Change Means for Connecticut	U.S. Environmental Protection Agency
	Learn more: National Climate Assessment: Northeast	U.S. Global Change Research Program. 2014.
	Explore Actions: Connecticut Climate Change Preparedness Plan, 2011 *Includes Health Concerns for:* Coastal Flooding, Inland Flooding, Extreme Heat	State of Connecticut
	Find Resources: EPA Region 1 (New England)	U.S. Environmental Protection Agency
Public Health Information	**Find Resources:** Connecticut Department of Public Health	State of Connecticut
	Find Resources: Connecticut Division of Emergency Management and Homeland Security	State of Connecticut