

# Climate and Health Resources: FLORIDA



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.

The sea around Florida is rising about one inch every decade and heavy rainstorms are becoming more severe. These and other climate impacts mean increasing risks to health. Examples of risks and actions for Floridians include:

- **More frequent, severe, or longer lasting extreme events can lead to stress, anxiety, and emotional trauma.** [Learn how you can take action to cope with post-disaster mental health impacts](#), such as:
  - **Respond:** Be aware of signs of withdrawal, depression, or other indications that someone needs help. Contact the [Disaster Distress Helpline](#) for crisis support.
  - **Respond:** Communicate openly to keep relationships healthy. Help children discuss their feelings after a traumatic event.
  
- **Sea level rise and coastal droughts can cause saltwater to move into fresh groundwater, threatening drinking water supplies.** [Learn how you can take action to ensure drinking water safety](#), such as:
  - **Prepare:** Have an emergency water supply ready for your family (1 gallon per person/pet per day).
  - **Respond:** Check the news for tap water safety notices, such as boiling water before use.
  
- **Increasing levels of harmful algae and bacteria in coastal waters may make eating fish and shellfish less safe.** These contaminants cause infections or stomach illnesses. [Learn how you can take action to ensure food safety](#), such as:
  - **Prepare:** Check for health department notices before fishing or harvesting shellfish.
  - **Respond:** Keep seafood chilled to less than 38°F. Discard any perishable food if your refrigerator has lost power for longer than four hours.

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 FLORIDIANS

Resource Topic	Information	Source
<b>Climate Change Impacts</b>	<b>Learn more:</b> <a href="#">What Climate Change Means for Florida</a>	U.S. Environmental Protection Agency
	<b>Learn more:</b> <a href="#">National Climate Assessment: Southeast</a>	U.S. Global Change Research Program. 2014.
	<b>Explore Actions:</b> <a href="#">Florida's Energy and Climate Change Action Plan, 2008</a> ( <i>Includes Health Concerns for: Coastal Flooding, Inland Flooding, Extreme Heat, Wildfire, Drought</i> )	State of Florida
	<b>Find Resources:</b> <a href="#">EPA Region 4 (Southeast)</a>	U.S. Environmental Protection Agency
<b>Public Health Information</b>	<b>Find Resources:</b> <a href="#">Florida Department of Health</a>	State of Florida
	<b>Find Resources:</b> <a href="#">Florida Division of Emergency Management</a>	State of Florida