

Take Action to be More Resilient

Baltimore City Health Department
Office of Public Health Preparedness & Response
1001 East Fayette Street
Baltimore, Maryland 21202

Climate Change & Extreme Heat

- ⇒ Become Heat Aware. Did you know that the City has a Code Red program to help warn people when it is very hot outside? Cooling centers open their doors to the public to provide relief from the heat. To learn more visit: health.baltimorecity.gov
- ⇒ Learn about the City's Sustainability and Resilience Initiative through the Department of Planning. Visit: Baltimorehazards.wordpress.com
- ⇒ Plant trees in your neighborhood. treebaltimore.org/how-to-plant
- ⇒ To save money and help reduce greenhouse gasses, weatherize your home. This will help keep it cool during the summer. Contact the Department of Housing and Community Development for more info (443-984-1066) or visit one of the City's Community Action Centers.
- ⇒ Work with your local CERT team to find and check-up on at risk people around you. To learn more about CERT visit: baltimorecitycert.com



For more information,
contact (410) 984-2622
health.baltimorecity.gov

It will not only change the planet,
it will threaten people's health.



Don't just survive...

THRIVE!

Climate Change means change in weather patterns over time. One of its effects is extreme heat.

What's going on now?

- Average temperatures rose more than 2° over the past 50 years.
- 9 of the 10 warmest years on record have occurred since 2000.
- The Urban Heat-Island effect raises temperatures by as much as 22° F.

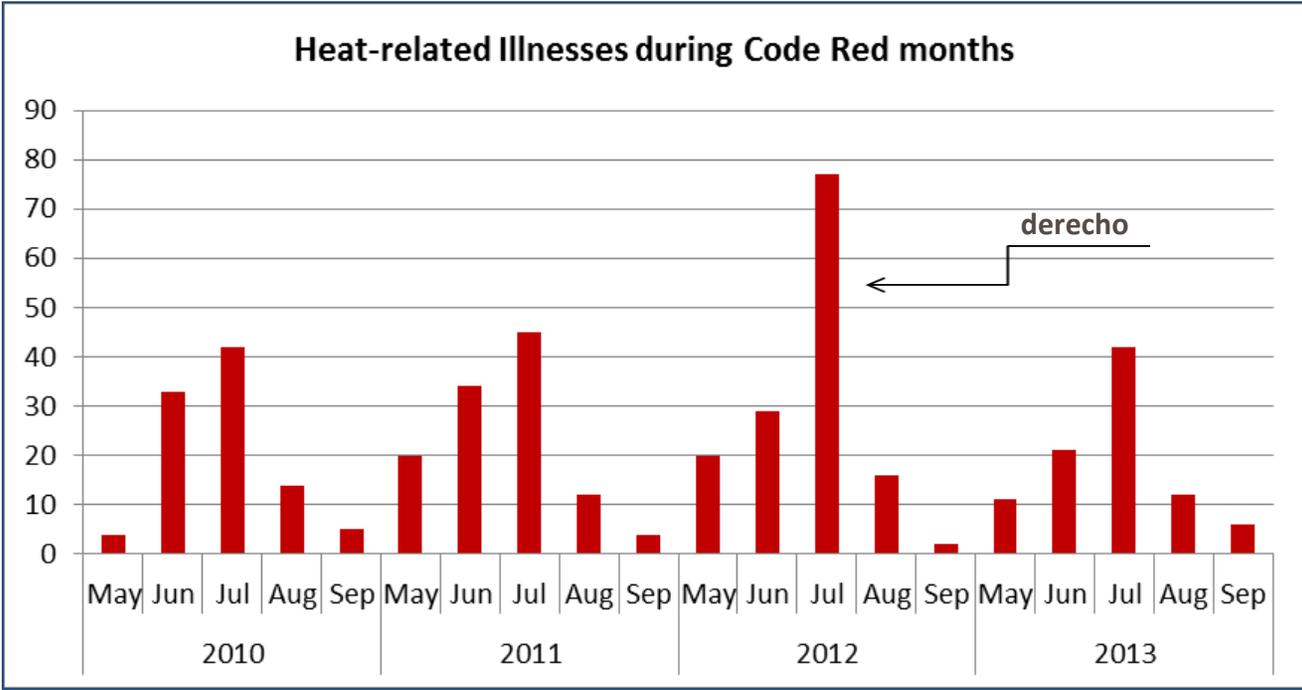
More to come...

- By 2050, heat events will occur every 2-5 years instead of every 20 years.
- By 2100, average global temperatures will increase between 2° F - 11.5° F.



Urban Heat-Islands are urban areas where heat is more severe due to dark roofs and pavement, less air flow, and other factors.

Climate Change Effects in Baltimore



The risk of heat-related illness is greatest in July, the hottest month in Baltimore. Storms that cause power outages, like the 2012 derecho, also increase the risk of heat-related illness.



Health Effects of Extreme Heat

- Heat waves are deadly. Extreme heat is the leading cause of weather-related deaths in the country.
- Extreme heat causes a wide range of health problems such as rashes, cramps, heat exhaustion, and heat stroke.
- Young children, the elderly, and people with chronic health conditions are at greater risk during periods of extreme heat.
- To combat the effects of extreme heat, drink plenty of water, limit activity, and stay in a cool, shaded area or air-conditioning.