

What's Good for Health is Good for Climate

We care about healthy living in the Capital Region. OutsideIn means that the outside environment (climate) affects us on the inside (health). That is why we are concerned about climate change. Now is the time to come together as a community and talk about how hotter temperatures, water shortages and other changes to our environment could harm our well-being. The good news is that many actions that help reduce climate change also improve the health of our families and community.

Even during wet years, drought threatens California's water supply and will be more common in the future — affecting our health and way of life. For humans, the health effects of drought are far reaching, impacting some areas and people more than others. Drought can:

- Increase risk of disease, and physical and mental illness
- Increase food prices and lower food quality
- Decrease water supply and quality
- Reduce air quality during wild fires, smoke, and dust storms
- Harm trees that capture carbon, clean and cool the air, and filter and store water



Being Healthy During Droughts

Water is critical to California's way of life. Our economy, our environment and our day-to-day lifestyle need water to flourish.

What we can do

- We all have a role to play in saving water and preparing for drought.
- Reduce indoor and outdoor water use, but keep watering trees, washing hands and produce.
- Limit showers to 5 minutes and use a bucket to capture and reuse cold water.
- Turn off the water while brushing your teeth or shaving.
- Only run dishwashers and washing machines when full.
- Wash cars at car washes or on a lawn. The grass helps capture runoff and filters pollutants.
- Sweep sidewalks and patios rather than hosing them down.
- Learn where your water comes from.
- Visit [River-Friendly Landscape](#) and [saveourwater.com](#) for more water conservation and landscape tips, and turf replacement [rebate](#) information.
- Look out for neighbors and friends who may need extra help.
- Find out about help for farmworkers and households with low incomes at www.csd.ca.gov/Services/FindServicesinYourArea.aspx.
- Check for and fix leaks in and around your home. Visit the [EPA](#) and [Grace Communications Foundation](#) websites to learn about saving water and money on your next bill.



To learn more and get involved, visit the Climate Readiness Collaborative website at <http://climatereadiness.info/outsidein-capital-region/>



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