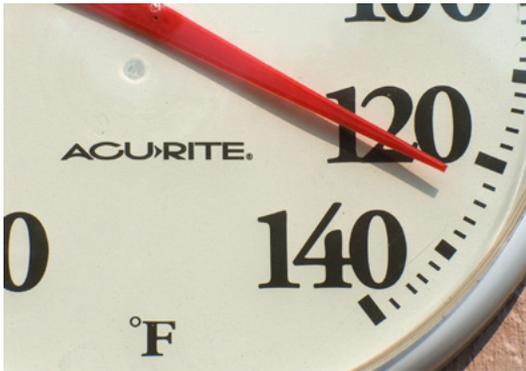


What's Good for Health is Good for Climate



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.

Extreme heat and **heat waves** are already impacting the Capital Region. As it grows hotter, we need to know how to keep both our homes and our communities cool.

Did you know heat kills more people in the US than any other natural disaster? Heat...

- Causes heat stress, heat exhaustion, and heat stroke, which can be fatal, and can make breathing problems worse, particularly asthma.
- Is more likely to affect children and teens during outdoor sports and recreation activities, the elderly living alone, some ethnic and racial groups, those with chronic illnesses, and outside workers.
- Can impair mental health and the ability to think clearly, and **can increase stress, moodiness, and violence.**

Staying Healthy in the Heat

Heat waves are five or more days in a row when the daytime high is at or above 100°. Warmer nights are also dangerous – you don't get a chance to cool down. Heat is even more severe in urban areas, as buildings and pavements trap and intensify heat – this is called the urban heat island (UHI) effect. But we can cool our communities by replacing heat-trapping paved surfaces with green landscaping, shade trees, rain gardens, cool roofs, and light-colored surfaces or plants to reduce the UHI.

What you can do

- Learn the physical and mental **symptoms of heat stress** and heat stroke – and get medical help right away if needed.
- Stay in air conditioned areas. Go to cooling centers or try the public library.
- Avoid **outdoor physical activities**, and run errands early in the morning.
- Stay hydrated. Take a short cool shower.
- Check on elderly family and neighbors to make sure they're staying cool.
- Cool down with an ice pack. Do not place directly on skin.

Big changes for cool results

- Plant and care for shade trees. **Sac Tree Foundation** and **utilities** offer free shade trees.
- Re-roof with a **cool roof** – it will save energy, keep your home cooler, and help reduce UHI.
- Reduce – or shade – paved areas and replace with landscaping or greenery.



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



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