

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, more rain, and other changes to our environment are affecting our wellbeing. The good news is that many actions that help reduce climate change also improve the health of our families and community.

Changes to the Capital Region's rainfall patterns will challenge our streets, water systems, and everyday lives. While drought is likely to be more common in the future, climate scientists predict that storms will be stronger, and rain-on-snow events will increase. There are likely to be more floods, and rising sea levels may result in more salt water getting into the Sacramento River and Delta areas. These threats to our water supply and water quality, affect our health and way of life. The health effects from stronger storms include:

- Increased allergies from pollen, molds, and air pollution
- Injuries, illness, mental stress, and death from disasters
- Vector-borne diseases like West Nile Virus, Zika Virus, and Lyme disease
- Water-borne disease, such as diarrhea from dirty water
- Loss of housing and jobs, displacement, and economic impacts



Being Healthy in Wetter Weather

What we can do

- [West Nile Virus and other diseases](#) infect through mosquito bites. Rain followed by warmer weather leaves standing water that creates mosquito-breeding conditions.



- Always "Drain after the rain" to prevent [mosquitos](#) from breeding.
- Wear long sleeves and pants, and use repellent when outdoors. [Hard ticks](#) can spread diseases such as Lyme disease and Rocky Mountain Spotted fever. [Mosquito and Vector Control Districts](#) remind us to cover up when outdoors.
- Prepare your home and street before storms by clearing gutters and grates.
- Add drainage on the sides of your driveway, or consider replacing an asphalt or concrete driveway with gravel, permeable pavers, or other permeable materials.

- Sign up for emergency alert notifications such as [Sacramento-Alert.org](#) to quickly receive information on emergency events.
- Plan Ahead! Visit [SacramentoReady.org](#) for an [Are You Prepared Guide](#) and information on staying safe during storms.
- Use landscaping to protect your property and the environment. Reduce, divert, and filter storm runoff by creating a [swale](#) or [rain garden](#), or using heavier mulch.
- Residents in the American River Basin can get a household rebate of up to \$500 to install a rainwater catchment system. [Check online](#) to see if you qualify.
- Adopt environmentally friendly practices, and maintain social and support networks to cope with extreme events.
- Check on elderly, family and neighbors to see that they're safe and have what's needed.

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



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