CAPITAL REGION CLIMATE READINESS COLLABORATIVE

CRC Public Service Campaign | Heat Safety & Awareness

Week 2 | Theme: Heat & COVID-19

TWITTER

Choose the most comfortable, breathable mask you have to stay safe and comfortable on the hottest days. Even better - avoid situations where you need a mask (grocery stores, crowds) on the hottest days and elect to run errands in the mornings and evenings.

(*Image 2.1*)

Due to COVID-19, many cooling centers that communities rely on to escape the heat are closed. There remains a need for safe outdoor places for social distancing. @cap_climate UHI study has more info on how to increase the tree canopy in our region. https://bit.ly/31dnSpA

(*No Image*)

Being directly in the sun or temperatures higher than 77°F DOES NOT protect you from COVID-19, despite popular myths. It's best to stay inside on the hottest days. For fresh air social distancing, choose shaded areas or early mornings.

(*Image 2.3*)

A study of ~500,000 New Yorkers found that ⬆️ air pollution levels increased the chances of hospitalization for pneumonia and influenza. Growing resiliency to COVID-19 and future outbreaks will simultaneously address some of the same causes of pollution & extreme heat.

(*Image 2.5*)

FACEBOOK

Extreme heat days exacerbate respiratory and lung diseases such as COPD and asthma. Research has found that respiratory and lung diseases can be caused by air pollution such as micro-sized particulate matter (PM 2.5). That PM 2.5 is released by burning fossil fuels that in turn contribute to climate change which can increase the frequency of extreme heat days.

(*Image 2.2*)

Being directly in the sun or temperatures higher than 77°F DOES NOT protect you from COVID-19, despite popular myths. It's best to stay inside on the hottest days. For outside social distancing, choose shaded areas or early mornings. Check out the Capital Region's Parks to find out which amenities are open: https://regionalparks.saccounty.net/Pages/default.aspx,

https://www.placer.ca.gov/parks, https://www.yolocounty.org/general-government/general-government-departments/parks, https://www.edcgov.us/Government/Parks

(*Image 2.3*)

Diseases have entered the human population from wild animals. Rising temperature may increase the spread and occurrence of new pathogens as animals come in contact with new populations as they flee their changing ecosystem. For example, an average increase of 4.5 degrees Celsius globally would put 96% of the breeding grounds of Sundarbans tigers in Bangladesh and India at risk from sea level rise. As mammals migrate to higher altitudes to avoid peril, they come in contact with new species and can introduce new diseases. Harvard Medical researchers have found the recent Ebola epidemic in West Africa probably occurred in part because bats, which carried the disease, had been forced to move into new habitats because the forests they used to live in had been cut down to grow palm oil trees. Tree canopies have so many co-benefits in preventing extreme heat and mitigating climate change! Preventing deforestation will slow down climate change, provide cooling from a strong tree canopy, and can slow habitat loss and unusual animal migration.

(*Image 2.4*)

Image 2.1

Image 2.2

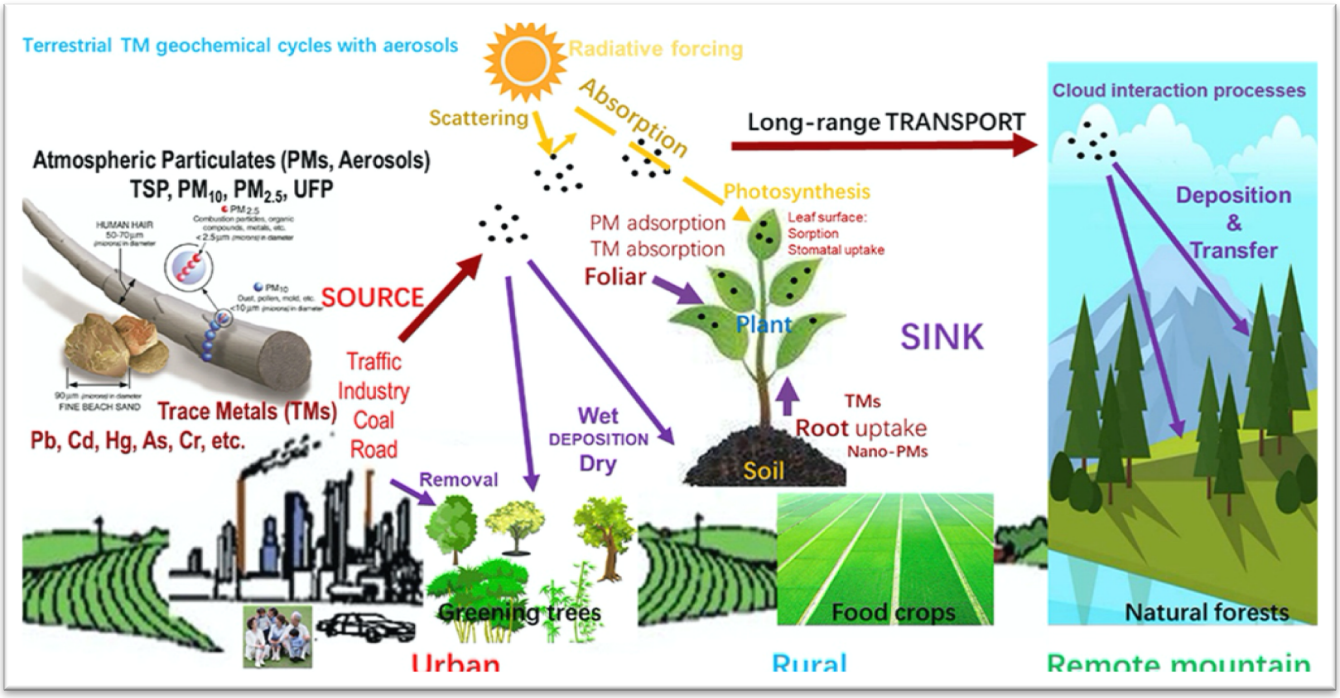

Image 2.3

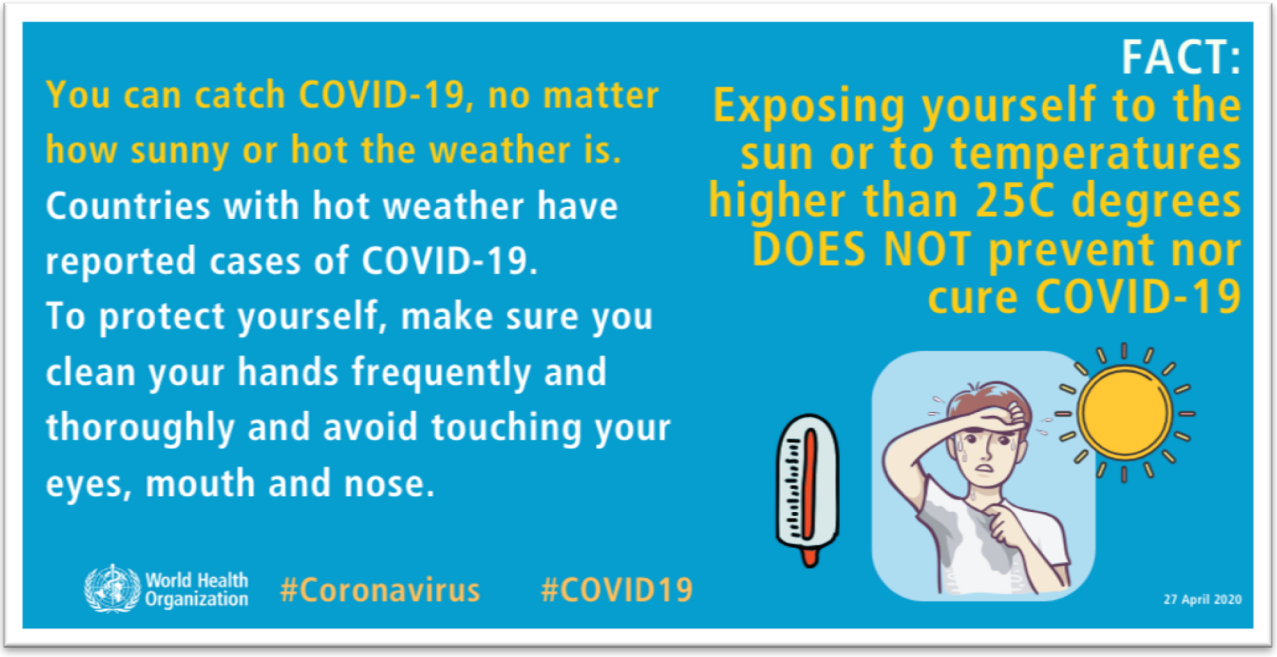

Image 2.4

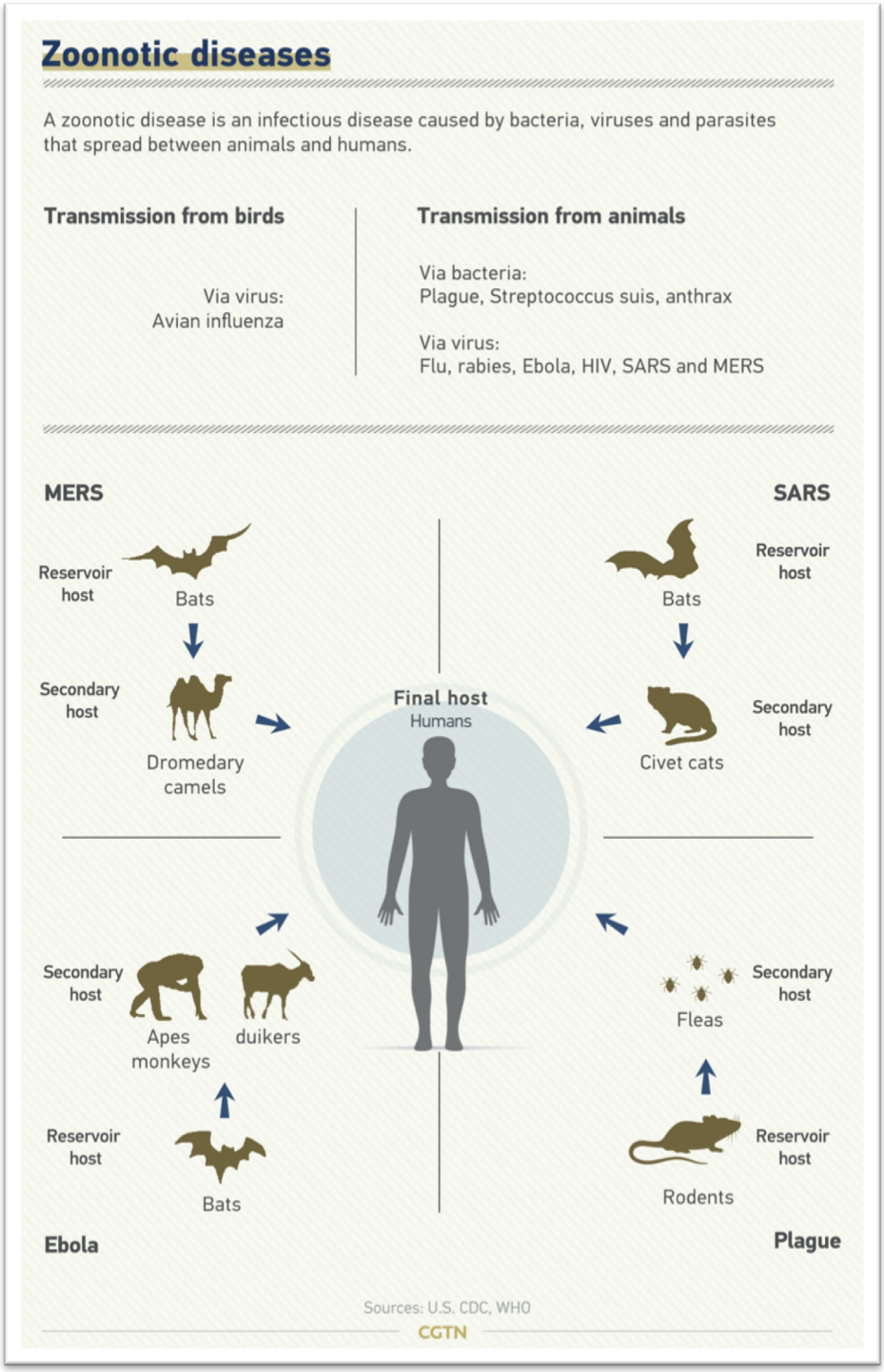
Zoonotic diseases
A zoonotic disease is an infectious disease caused by bacteria, viruses and parasites that spread between animals and humans.
Transmission from birds
Via virus:
Avian influenza
Transmission from animals
Via bacteria:
Plague, Streptococcus suis, anthrax
Via virus:
Flu, rabies, Ebola, HIV, SARS and MERS
MERS
Reservoir host
Bats
Secondary host
Dromedary camels
SARS
Reservoir host
Bats
Secondary host
Civet cats
Final host
Humans
Secondary host
Apes
monkeys
duikers
Reservoir host
Bats
Ebola
Secondary host
Fleas
Reservoir host
Rodents
Plague
Sources: U.S. CDC, WHO
CGTN

Image 2.5


Benefits of Urban Trees
Research has linked the presence of urban trees to...
The Nature Conservancy
PROTECTING BIODIVERSITY
including habitat for migrating birds and pollinators
REDUCING OBESITY LEVELS
by increasing physical activity including walking and cycling
REDUCING RATES
of cardiac disease, strokes, and asthma due to improved air quality
MANAGING STORMWATER,
keeping pollutants out of waterways, and reducing urban flooding
COOLING city streets by 2-4° F, reducing deaths from heat and cutting energy use
INCREASING
neighborhood property values
FILTERING up to a third of fine particle pollutants within 300 yards of a tree
REDUCING STRESS by helping interrupt thought patterns that lead to anxiety and depression