

Climate and Health Resources: VIRGINIA



Climate change poses risks to human health. [Already in the United States](#), we are seeing rising temperatures, increased frequency and intensity of some types of extreme weather, sea level rise, and other changes in weather and climate patterns. We are all vulnerable to the health impacts associated with climate change. However, these climate and health risks vary across the country.

Most of Virginia has warmed 1°F in the last century, and sea level is rising one to two inches every decade. These, and other climate impacts, mean increasing risks to health. Examples of risks and actions for Virginia residents include:

- **Higher temperatures and other changes will increase levels of ozone pollution** (a component of smog), increasing health risks like asthma-related hospital visits. [Learn how you can take action to protect against poor air quality](#), such as:
 - **Prepare:** Check the news and [airnow.gov](#) for local air quality reports.
 - **Respond:** Reduce outdoor activity when pollution levels are high.
- **More carbon dioxide causes some plants to produce more pollen.** This will combine with longer growing seasons and other changes to result in more allergy and asthma episodes. [Learn how you can take action to prevent asthma attacks and allergy symptoms](#), such as:
 - **Respond:** Limit time outdoors based on air quality reports, pollen and mold counts, and heat advisories.
 - **Prepare:** Clean and replace air conditioner filters often.
- **More intense hurricanes can disrupt infrastructure** (damage to roads, bridges, or utilities), which can prevent access to health care. [Learn how you can take action to manage infrastructure disruptions](#), such as:
 - **Respond:** Check the news for tap water safety notices, such boiling water before use.
 - **Respond:** Avoid fallen power lines.
 - **Respond:** Keep power generators outside to avoid fire and carbon monoxide risks.

Learn more in the [USGCRP Climate and Health Assessment](#).

The examples of risks and actions provided in this document are not a comprehensive list. They provide users with illustrative impacts and resources for further information. Examples were selected based on relevance to the state or region and representation of a diversity of health threats. Selection does not imply ranking of severity of impacts nor prioritization of actions. The examples of impacts are based on "The Impacts of Climate Change on Human Health in the United States: A Scientific Assessment," available at <https://health2016.globalchange.gov>, as well as the National Climate Assessment at <http://nca2014.globalchange.gov/>

RESOURCES FOR VIRGINIA RESIDENTS

| Resource Topic | Information | Source |
|----------------------------------|--|--|
| Climate Change Impacts | Learn More: What Climate Change Means for Virginia | U.S. Environmental Protection Agency |
| | Learn More: National Climate Assessment: Southeast | U.S. Global Change Research Program. 2014. |
| | Explore Actions: Governor's Commission on Climate Change Final Report: A Climate Change Action Plan, 2008. <i>Includes Health Concerns for:</i> Coastal Flooding, Inland Flooding, Extreme Heat | Governor's Commission on Climate Change. 2008. |
| | Find Resources: EPA Region 3 (Mid-Atlantic) | U.S. Environmental Protection Agency |
| Public Health Information | Find Resources: Virginia Department of Health | State of Virginia |
| | Find Resources: Virginia Department of Emergency Management | State of Virginia |