

# Climate and Health Resources: VERMONT



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.

Vermont has warmed by more than 2°F in the last century and heavy rainstorms are more frequent. These, and other climate impacts, mean increasing risks to health. Examples of risks and actions for Vermont residents include:

- **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:
  - **Prepare:** Clean and replace air conditioner filters often.
  - **Respond:** Limit time outdoors based on air quality reports, pollen and mold counts, and heat advisories.
  
- **More frequent and intense heavy rainfall increases the risk of floods.** Floods can lead to injuries, deaths, and diseases. [Learn how you can take action to protect against floods](#), such as:
  - **Prepare:** Ask someone out-of-state to act as a “family contact” in case your family is separated.
  - **Respond:** Avoid driving or walking in or near flood waters, even after the flood or during cleanup.
  
- **Longer warm seasons mean that ticks carrying Lyme disease will emerge earlier in the season and will move north into new areas.** [Learn how you can take action to protect against ticks](#), such as:
  - **Respond:** Check for and remove ticks promptly after coming indoors. Remember that pets may bring ticks into the house.
  - **Respond:** Wear protective clothing (such as high boots and long sleeves and pants), and consider using insect repellent.

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 VERMONT RESIDENTS

Resource Topic	Information	Source
<b>Climate Change Impacts</b>	<b>Learn More:</b> <a href="#">What Climate Change Means for Vermont</a>	U.S. Environmental Protection Agency
	<b>Learn More:</b> <a href="#">National Climate Assessment: Northeast</a>	U.S. Global Change Research Program. 2014.
	<b>Learn More:</b> <a href="#">Vermont Agency of Natural Resources Climate Change Adaptation Framework, 2013</a>	Vermont Agency of Natural Resources. 2013.
	<b>Find Resources:</b> <a href="#">EPA Region 1 (New England)</a>	U.S. Environmental Protection Agency
<b>Public Health Information</b>	<b>Find Resources:</b> <a href="#">Vermont Department of Health</a>	State of Vermont
	<b>Find Resources:</b> <a href="#">Vermont Division of Emergency Management and Homeland Security</a>	State of Vermont