

# Climate and Health Resources: ILLINOIS



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 Illinois has warmed by about 1°F in the last century, and floods are becoming more frequent. These and other climate impacts mean increasing risks to health. Examples of risks and actions for Illinois residents include:

- **Higher temperatures and other weather 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 news or [airnow.gov](#) for the local air quality index.
  - **Respond:** Reduce outdoor activity when pollution levels are high.
  
- **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:
  - **Respond:** Fill bathtubs, sinks, and plastic containers with clean water.
  - **Respond:** Avoid driving or walking in or near flood waters, even after the flood or during cleanup.
  
- **Longer warm seasons mean that ticks that carry Lyme disease will emerge earlier in the season.** Already common in the Midwest, Lyme disease infections will increase. [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 ILLINOIS RESIDENTS

Resource Topic	Information	Source
<b>Climate Change Impacts</b>	<b>Learn more:</b> <a href="#">What Climate Change Means for Illinois</a>	U.S. Environmental Protection Agency
	<b>Learn more:</b> <a href="#">National Climate Assessment: Midwest</a>	U.S. Global Change Research Program. 2014.
	<b>Explore Actions:</b> <a href="#">Chicago Climate Action Plan</a>	City of Chicago, 2008.
	<b>Find Resources:</b> <a href="#">EPA Region 5</a>	U.S. Environmental Protection Agency
<b>Public Health Information</b>	<b>Find Resources:</b> <a href="#">Illinois Department of Public Health</a>	State of Illinois
	<b>Find Resources:</b> <a href="#">Illinois Emergency Management Agency</a>	State of Illinois
	<b>Find Resources:</b> <a href="#">City Cooling Centers</a>	City of Chicago, Department of Family and Support Services, Homeless and Emergency Services. City Service.
	<b>Find Resources:</b> <a href="#">Extreme Weather and Emergency Services</a>	City of Chicago, Department of Family and Support Services, Homeless and Emergency Services. City Service.