

# Climate and Health Resources: KENTUCKY



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.

In Kentucky, average yearly rainfall is increasing. This and other climate impacts mean increasing risks to health. Examples of risks and actions for Kentucky residents include:

- **Climate change will increase average** temperatures across the US. Higher temperatures have been linked with a higher risk of kidney stones. [Learn how you can take action to protect against heat waves](#), such as:
  - **Respond:** Stay hydrated to help prevent kidney stones. Drink plenty of water.
  - **Respond:** Watch for signs of dehydration and overheating, especially in children.
- **Hotter temperatures increase the effects of air pollution and make pollen seasons longer.** [Learn how you can take action to prevent asthma attacks and allergy symptoms](#), such as:
  - **Prepare:** Talk to a doctor and make an Asthma Action Plan.
  - **Respond:** Limit time outdoors based on air quality reports, pollen and mold counts, and heat advisories.
  - **Prepare:** Clean and replace air conditioner filters often.
- **Longer warm seasons mean that ticks that carry Lyme disease will emerge earlier in the season and move 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 KENTUCKY RESIDENTS

Resource Topic	Information	Source
Climate Change Impacts	<b>Learn More:</b> <a href="#">What Climate Change Means for Kentucky</a>	U.S. Environmental Protection Agency
	<b>Learn more:</b> <a href="#">National Climate Assessment: Southeast</a>	U.S. Global Change Research Program. 2014.
	<b>Find Resources:</b> <a href="#">EPA Region 4 (Southeast)</a>	U.S. Environmental Protection Agency
Public Health Information	<b>Find Resources:</b> <a href="#">Kentucky Department for Public Health</a>	State of Kentucky
	<b>Find Resources:</b> <a href="#">Kentucky Emergency Management</a>	State of Kentucky