

# Climate and Health Resources: MAINE



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.

Maine has warmed 3°F since 1900. This and other climate impacts, like rising sea levels, mean increasing risks to health. Examples of risks and actions for Maine residents include:

- **Higher** temperatures will increase heat-related illnesses, hospital visits, and deaths. People without air conditioning are at risk in the Northeast where heat waves have been rare. [Learn how you can take action to protect against heat waves](#), such as:
  - **Respond:** Watch for signs of dehydration and overheating, especially in children.
  - **Respond:** Check on elderly neighbors or anyone else who may need assistance.
- **Sea level rise and coastal droughts can cause saltwater to move into fresh groundwater**, threatening drinking water supplies. [Learn how you can take action to ensure drinking water safety](#), such as:
  - **Prepare:** Have an emergency water supply ready for your family (1 gallon per person/pet per day).
  - **Respond:** Check the news for tap water safety notices, such as boiling water before use.
- **Longer warm seasons mean that ticks that carry 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 MAINE RESIDENTS

Resource Topic	Information	Source
<b>Climate Change Impacts</b>	<b>Learn More:</b> <a href="#">What Climate Change Means for Maine</a>	U.S. Environmental Protection Agency
	<b>Learn More:</b> <a href="#">Maine's Climate Future: 2015 Update</a>	Maine Department of Environmental Protection. February 2015.
	<b>Learn More:</b> <a href="#">National Climate Assessment: Northeast</a>	U.S. Global Change Research Program. 2014.
	<b>Explore Actions:</b> <a href="#">People and Nature Adapting to a Changing Climate: Charting Maine's Course, 2010</a> <i>Includes Health Concerns for: Coastal Flooding, Inland Flooding, Extreme Heat, Drought</i>	State of Maine
	<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="#">Maine Department of Health and Human Services</a>	State of Maine
	<b>Find Resources:</b> <a href="#">Maine Emergency Management Agency</a>	State of Maine