

# Climate and Health Resources: MARYLAND



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.

Maryland has warmed one to 2°F in the last century, and sea level around the state is rising about one inch every seven to eight years. These and other climate impacts mean increasing risks to health. Examples of risks and actions for Maryland residents include:

- **Although Baltimore is nearly 1,000 miles downwind from Quebec, forest fires near the Canadian city in 2002 led to an increase in Baltimore’s air pollution.** Breathing polluted air aggravates lung conditions. [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.
  - **Prepare:** Clean and replace air conditioner filters often.
  
- **Increasing levels of harmful algae and bacteria in Chesapeake Bay may make eating oysters less safe.** These contaminants cause infections or stomach illnesses. [Learn how you can take action to ensure food safety](#), such as:
  - **Prepare:** Check for health department notices before fishing or harvesting shellfish.
  - **Respond:** Keep seafood chilled to less than 38°F. Discard any perishable food if your refrigerator has lost power for longer than four hours.
  
- **More intense rain can overwhelm combined sewer systems** (where storm water and sewage share the same pipes). This can contaminate recreational water and sources of drinking water, and lead to disease outbreaks. [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.

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 MARYLAND RESIDENTS

Resource Topic	Information	Source
Climate Change Impacts	<b>Learn More:</b> <a href="#">What Climate Change Means for Maryland</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>Explore Actions:</b> <a href="#">Comprehensive Strategy for Reducing Maryland's Vulnerability to Climate Change, Phase I: Sea-level rise and coastal storms, 2008</a> <i>Includes Health Concerns for: Coastal Flooding, Extreme Heat</i>	State of Maryland
	<b>Explore Actions:</b> <a href="#">Comprehensive Strategy for Reducing Maryland's Vulnerability to Climate Change, Phase II: Building societal, economic, and ecological resilience, 2011</a> <i>Includes Health Concerns for: Vector-Borne Disease, Waterborne Disease, Extreme Events, Air Quality</i>	State of Maryland
	<b>Explore Actions:</b> <a href="#">Baltimore Climate Action Plan</a>	City of Baltimore. January 2013.
	<b>Explore Actions:</b> <a href="#">City of Baltimore Disaster Preparedness and Planning Project: A Combined All Hazards Mitigation and Climate Adaptation Plan</a>	City of Baltimore. October, 2013.
	<b>Find Resources:</b> <a href="#">EPA Region 3 (Mid-Atlantic)</a>	U.S. Environmental Protection Agency
Public Health Information	<b>Find Resources:</b> <a href="#">Maryland Department of Health and Mental Hygiene</a>	State of Maryland
	<b>Find Resources:</b> <a href="#">Maryland Emergency Management Agency</a>	State of Maryland