

Climate and Health Resources: MINNESOTA



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.

Minnesota has warmed 1°F to 3°F in the last century. This and other climate impacts, like more frequent heavy rainstorms, mean increasing risks to health. Examples of risks and actions for Minnesotans include:

- **Heat-related illnesses, hospital visits, and deaths will increase.** People without air conditioning are at risk in Northern states where heat waves have been rare. [Learn how you can take action to protect against heat waves](#), such as:
 - **Respond:** Drink plenty of water.
 - **Respond:** Watch for signs of dehydration and overheating, especially in children.
- **Lyme disease-carrying ticks will emerge earlier in the season and 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.
- **More intense rain can overwhelm combined sewer systems** (where storm water and sewage share pipes). More frequent overflows threaten water quality in the Great Lakes, which provide drinking water to more than 40 million people. [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.
- **For Ojibwe peoples, rising temperatures and ecosystem impacts threaten culturally and economically important species like wild rice and moose.**

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 MINNESOTANS

Resource Topic	Information	Source
Climate Change Impacts	Learn More: What Climate Change Means for Minnesota	U.S. Environmental Protection Agency
	Learn More: National Climate Assessment: Midwest	U.S. Global Change Research Program. 2014.
	Explore Actions: Adapting to Climate Change in Minnesota, 2013	State of Minnesota
	Explore Actions: Minnesota Climate Change Vulnerability Assessment 2014	Minnesota Department of Health. October 2014.
	Find Resources: EPA Region 5	U.S. Environmental Protection Agency
Public Health Information	Find Resources: Minnesota Department of Health	State of Minnesota
	Find Resources: Minnesota Homeland Security and Emergency Management	State of Minnesota