

# Climate and Health Resources: NEBRASKA



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 the past century, most of Nebraska has warmed by at least 1°F. This and other climate impacts, like more intense rainfall, mean increasing risks to health. Examples of risks and actions for Nebraska residents include:

- **Higher temperatures will increase heat-related illnesses, hospital visits, and deaths.** [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.
  
- **More carbon dioxide causes some plants to produce more pollen.** This will combine with longer growing seasons and other changes to result in more allergy and asthma episodes. [Learn how you can take action to prevent asthma attacks and allergy symptoms](#), such as:
  - **Respond:** Limit time outdoors based on air quality reports, pollen and mold counts, and heat advisories.
  - **Respond:** Be aware that people and pets can carry pollen inside. Don't wear outdoor work clothes in the house.
  - **Prepare:** Clean and replace air conditioner filters often.
  
- **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.

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 NEBRASKA RESIDENTS

Resource Topic	Information	Source
<b>Climate Change Impacts</b>	<b>Learn More:</b> <a href="#">What Climate Change Means for Nebraska</a>	U.S. Environmental Protection Agency
	<b>Learn More:</b> <a href="#">National Climate Assessment: Great Plains</a>	U.S. Global Change Research Program. 2014.
	<b>Find Resources:</b> <a href="#">EPA Region 7 (Midwest)</a>	U.S. Environmental Protection Agency
<b>Public Health Information</b>	<b>Find Resources:</b> <a href="#">Nebraska Department of Health and Human Services</a>	State of Nebraska
	<b>Find Resources:</b> <a href="#">Nebraska Emergency Management Agency</a>	State of Nebraska