

# Climate and Health Resources: TEXAS



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.

Most of Texas has warmed between 0.5°F and 1°F in the past century. In eastern Texas, average annual rainfall is increasing, yet the soil is becoming drier. These, and other climate impacts, mean increasing risks to health. Examples of risks and actions for Texans include:

- **Higher temperatures will increase heat-related illnesses, hospital visits, and deaths.** In Dallas and other large cities, the urban heat island effect will make heat events worse. [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 frequent and intense heavy rainfall increases the risk of floods.** Floods, such as those in Houston in 2016, 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.
  
- **Rising temperatures and changing rain patterns will lead to more mosquitoes.** Mosquito bites can transmit diseases like West Nile virus and dengue fever to humans. [Learn how you can take action to protect against mosquitoes](#), such as:
  - **Prepare:** Get rid of standing water where mosquitoes can breed.
  - **Prepare:** Keep window and door screens in good condition.

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 TEXANS

Resource Topic	Information	Source
Climate Change Impacts	Learn More: <a href="#">What Climate Change Means for Texas</a>	U.S. Environmental Protection Agency
	Learn More: <a href="#">National Climate Assessment: Great Plains</a>	U.S. Global Change Research Program. 2014.
	Find Resources: <a href="#">EPA Region 6 (South Central)</a>	U.S. Environmental Protection Agency
Public Health Information	Find Resources: <a href="#">Texas Department of State Health Services</a>	State of Texas
	Find Resources: <a href="#">Texas Division of Emergency Management</a>	State of Texas