Below are examples of how climate change can affect your health at different stages of your life.

**RISING TEMPERATURES**

Increasing temperatures mean heat waves are more frequent, more intense, and last longer. **Health risks:** dehydration, heat stroke, worsened heart and lung disease, death.

**REDUCED AIR QUALITY**

Rising temperatures, changes in rain patterns, and increasing wildfires lead to more smog, plant allergens, and other air pollutants. **Health risks:** increased episodes of asthma and chronic lung disease, heart disease, death.

**INCREASING EXTREME WEATHER**

Hurricanes, severe storms, flooding, droughts, and wildfires are already increasing in frequency, intensity, or length. **Health risks:** water and food-related illnesses, respiratory illness, injuries, mental health problems.

**SPREADING DISEASES FROM MOSQUITOES AND TICKS**

Changes in temperatures and precipitation patterns affect when and where diseases carried by mosquitoes and ticks occur. **Health risks:** Lyme disease, West Nile virus.

**EXPANDING WATER-RELATED ILLNESS**

Increasing water and air temperatures, heavy rainfall, flooding, and sea level rise can expose people to contaminated waters. **Health risks:** diarrhea, skin and eye infections.

**DECREASED FOOD SAFETY**

Increasing air and water temperatures and extreme weather lead to food contamination, spoilage, and disrupted food distribution. **Health risks:** food poisoning, diarrhea, reduced access to food.

**OLDER ADULTS** are sensitive to heat because they are less able to regulate body temperatures. They are less able to respond to extreme weather due to normal aging processes that affect physical or mental ability.