Extreme Weather

Did you know?
Climate change increases the intensity and frequency of tropical storms, major hurricanes, and heat waves. These extreme weather events are a health risk for child safety, physical and emotional health.

Action Plan

- **Be prepared:** develop an emergency plan for you, your family, and your neighborhood
  - Sign up for emergency alerts/warnings
  - Build an emergency kit
  - Create an evacuation plan with your family
  - Know how to seek shelter (FEMA App)
  - Develop a family communication plan

- **Strength in numbers:** Reach out and look after neighbors (especially the elderly, those with young children, or those with chronic health conditions who may be more at risk) if your community experiences an extreme weather event. Work as a community to develop and share evacuation plans.

- **Take action:** Seek help from your medical provider for health concerns

Community Resources

Create an [Emergency Plan](#) with your child

Build an [Emergency Kit](#) for your family

Complete an [activity book](#) with your child(ren) to help cope after a climate disaster

Sign up for [emergency alerts](#) and download apps to stay informed if you have a mobile device.

This Climate Rx was supported by the American Academy of Pediatrics (AAP) and funded (in part) by a cooperative agreement with the Centers for Disease Control and Prevention/Agency for Toxic Substances and Disease Registry (CDC/ATSDR). The U.S. Environmental Protection Agency (EPA) supports the PEHSUs by providing partial funding to CDC/ATSDR through an Inter-Agency Agreement. The findings and conclusions presented have not been formally disseminated by CDC/ATSDR or EPA and should not be construed to represent any agency determination or policy. Use of trade names that may be mentioned is for identification only and does not imply endorsement by the CDC/ATSDR or EPA.