



# Extreme Weather

Climate change may make extreme weather events worse and more frequent, causing injury, illness, and property damage. Extreme weather can cause damage to critical infrastructure like electricity, sewage utilities, water supplies, and roadways. Carbon monoxide poisoning incidents are common after an extreme weather event that disrupts the electrical power supply, due to improper use of generators, combustion heaters, and cooking appliances.

Extreme weather can also cause physical hazards and debris. High winds may result in falling trees and telephone poles, flying debris, and downed powerlines during storms, resulting in injuries or electrocution. Debris in flood waters and flooded roadways can also cause injuries and motor vehicle accidents.

## Who is at higher risk?

Some people may be more at risk during extreme weather events because of where they live, their access to official government information, availability of resources to prepare and respond, and whether they already have health problems. These include:

- Children under 5 and people over age 65
- People who live alone
- Pregnant people
- People with limited mobility
- People using medical equipment that requires electrical power or medications that require refrigeration
- Utility workers
- Rescue Workers
- People with limited English proficiency who may not receive emergency messages in their native language
- People with chronic medical conditions that require frequent care
- People with compromised immune systems

## What can we do about it?

- [Make a plan for storms](#)
- [Create an emergency kit](#)
- [Know your flood and surge zones](#)
- Have an evacuation plan and know who you can contact for help
- Install carbon monoxide and smoke detectors in your home and test them regularly
- Plan ahead if you use a generator - place it outdoors, at least 20 feet from home
- Clear snow and/or debris from gas furnace and dryer vents and your car's tailpipe
- Leave home and call 911 if you or your family have these signs of carbon monoxide poisoning:
  - Dizziness or sleepiness, nausea, or shortness of breath
- Plan for power outages:
  - Do you need electricity for medical equipment or medications
  - Arrange for a wellness check-in by a friend or neighbor