



# Inland and Tidal Flooding

Climate change is increasing the risk of flooding in Massachusetts – especially in tidal or low-lying areas. Some floods develop slowly, while flash floods can occur within minutes or hours after a storm. Sea level rise is increasing tidal flooding and causing higher storm surges.

Contact with flood water can cause bacterial illnesses, infectious diseases, chemical hazards, drowning, injuries from debris, and respiratory impacts from mold. The effects of climate change can also have mental health consequences due to the loss of homes and jobs.

## Who is at higher risk?

- Children under age 5
- People with compromised immune systems
- People with asthma, allergies, and other respiratory conditions
- People with high blood pressure
- People at risk of heat-related illness



## What can we do about it?

- [Make a plan for storms](#)
- [Create an emergency kit](#); include all needed medications
- [Know your flood and surge zones](#)
- Stay informed: check [alerts](#) for emergency information
- Evacuate immediately if advised to do so
- Do not drive into floodwater—turn around instead
- Avoid contact with floodwater and mud which may be contaminated by oil, gasoline, or raw sewage
- Test private wells for contaminants after flooding
- Repair damaged septic systems as soon as you are able
- Check [EPA guidelines](#) to assess and remove mold
- Seek mental health resources to cope with loss, fear, and stress

