



# BE PREPARED FOR THE EFFECTS OF CLIMATE CHANGE ON DISASTERS



FEMA

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Climate change refers to changes in average weather conditions continuing over long periods of time.

The changing climate may pose new or more intense threats to communities, including more intense storms, floods, droughts and extreme temperatures. The effects of climate change may be magnified in underserved communities.

Climate change . . .



may change your area's disaster risk.



can cause some disasters to be more intense or frequent and new threats to emerge.



may increase the likelihood for multiple disasters to happen at the same time.



can make the effects of disasters last longer.

## PROTECT YOURSELF FROM CLIMATE CHANGE-DRIVEN IMPACTS

Learn your risk for climate-related hazards and disasters.



Be prepared. One disaster may cause another, or they may happen at the same time.

Understand your area's hazard risk may change because of climate change.



Update your emergency plan and supply kit.

Consider how climate-related hazards might affect your emergency plan.



Consider how personal factors may affect your risk.

# HOW TO PREPARE FOR THE EFFECTS OF CLIMATE CHANGE ON DISASTERS

## Prepare NOW

**Learn about the hazards and understand the risks for where you live and places you may travel.**

Understand that an area's hazard risk may change because of changes in the climate. Changes may include intensity of some disasters like avalanches, flooding, extreme heat, winter weather, hurricanes, landslides, thunderstorms, tornadoes and wildfires. Find more information on hazards at [Ready.gov/be-informed](https://www.ready.gov/be-informed).

**Update your emergency supply kit and emergency plan to consider climate change.**

Remember climate change may change your risk for some hazards, and you may need different supplies. Consider how personal factors, such as age, health or occupation may affect your risk and the supplies you need. To learn more about how to build an emergency supply kit, visit [Ready.gov/kit](https://www.ready.gov/kit) and for more information about how to make an emergency plan visit [Ready.gov/plan](https://www.ready.gov/plan).

**Sign up to receive emergency alerts and notifications from FEMA and your local emergency management office.** Be aware that climate change may change your hazard risk. You may receive alerts for hazards that you have not experienced before.

**Consider making adaptations to protect your home,** like creating a rain garden to prepare for and protect your home from flooding.

**Consider how personal factors such as your occupation, health or age may affect your risk.** Disasters can negatively affect your physical and mental health.

## Survive DURING

**Follow your emergency plan and use your emergency supplies.**

**Keep freezers and refrigerators closed.** A refrigerator will keep food cold for **about 4 hours**. A full freezer will stay a safe temperature for **about 48 hours**. Do not store food in the outside or in the snow during cold weather.

**Protect your breathing when air quality is poor.** Climate change may make disasters like wildfires worse, and smoke may cause pollution and reduce air quality.

**Practice healthy coping mechanisms.** The effects of a disaster can cause mental health challenges.

## Take an Active Role in Your Safety

Explore [Climate.gov](https://www.climate.gov) and the U.S. Climate Resilience Toolkit at [toolkit.climate.gov](https://www.toolkit.climate.gov). Find more resources at [atlas.globalchange.gov](https://www.atlas.globalchange.gov). Download the **FEMA app** to get more information about your risk so that you can prepare.



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## Be Safe AFTER

**Use caution while cleaning up after a disaster.** Practice healthy habits to avoid diseases, such as washing your hands and cleaning surfaces.

**Monitor your well-being.** Know that it's normal to feel anxiety, grief, stress and worry. Seek professional and community support. Continue using coping strategies as you recover.

**Update your emergency plan and supply kit so that you are ready for the next disaster.** Disasters may happen more frequently because of climate change. Preparing now can help you to be ready for another disaster.

## Be Prepared. Multiple Disasters May Happen at the Same Time.

**Be prepared for droughts and heatwaves to happen at the same time.**

**Be prepared for floods to happen more often,** especially during heavy rains and storms.

**Be prepared for climate-related disasters such as droughts, floods and heavy precipitation to cause infectious diseases to develop and spread more easily.**

**Be prepared for power outages to be more frequent and last longer.** Climate-related hazards can disrupt critical power and energy systems.

**Be prepared for droughts and dry conditions,** which may cause wildfires to happen more often.

**Prepare to keep cool if there is a heatwave during a power outage.** Extreme heat may cause more frequent power outages.