Climate Health

The changing climate here in Maine can hurt our health.

MPHA
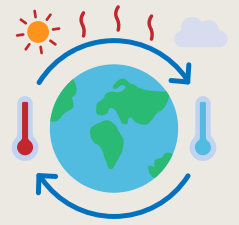Maine Public Health Association

What Climate Change Means for Your Health

Climate change is already affecting people in Maine. It causes more storms that damage homes and places where people work along the coast, makes the air and water less healthy, and leads to more high heat days that can make it dangerous for some people to be outside.

Health Impacts of Climate Change

- Smoke from wildfires and pollution makes it harder to breathe, especially for people with asthma or allergies.
- Very hot days increase the risk of heat exhaustion or heat stroke, especially for older adults, kids, and workers without air conditioning.
- Heat and humidity cause mold to grow in homes, worsening breathing problems.
- Storms and floods damage homes, cut power, and disrupt communities.
- Warmer weather helps ticks and mosquitoes spread diseases like Lyme disease and West Nile virus.
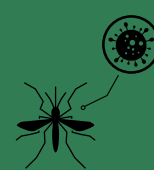
Actions You Can Take

Despite these harmful impacts of climate change, there are resources available and steps you can take to care for yourself, your loved ones, and your community.

TAKE ACTION

- Learn about **business recovery supports** from the Department of Economic and Community Development.
- Find well-being support through the **StrengthenME program** or call the **Disaster Distress Line** at: **1-800-985-5990**.
- Take action on climate change with **Maine Climate Corps** or **American Climate Corps**. You can also apply for funding through the **Community Resilience Partnership**.
- Discover funding, rebates, and resources from the **Governor's Office of Policy Innovation**, along with future plans and information about the Maine Climate Council.