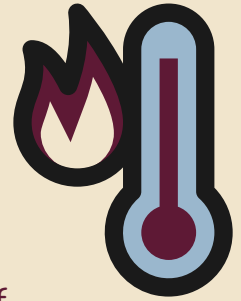


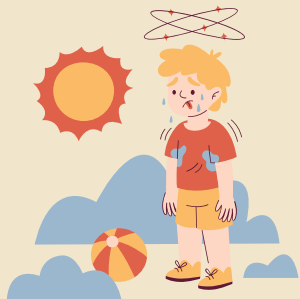


AREAS OF THE COUNTRY THAT HAVE SEEN A TEMPERATURE RISE

- The United States has experienced a rise in temperature overall. More specifically in the North, West, and Alaska, while some parts of the Southeast has seen little change.
- 2016 is considered the warmest year on record with 2020 being considered the second warmest. 2012-2021 has also been named the warmest decade on record!
- However, rising temperatures across the country have caused some of the hottest days recorded in human history!



IMPACTS OF THE RISE IN TEMPERATURES



- More frequent wildfires
- Longer periods of drought in some regions
- Increase in wind intensity and rainfall from tropical cyclones
- U.S. sea levels are likely to continue rising
- Hurricanes will become stronger and more intense
- Frost-free season will lengthen

HOW TO KEEP YOURSELF SAFE IN THIS CLIMATE

- Understand that increases in air temperature can lead to more intense heat waves, it is important to stay inside to minimize illness
- Make sure to drink enough water and stay in air conditioning if possible
- Limit out door activity, especially midday when the sun is the hottest
- Wear loose-fitting clothing
- Check the local news for safety updates
- Take cold showers or baths to cool down

Take care
of your body



Sources

"The Effects of Climate Change." NASA

"Keep Your Cool in Hot Weather." Centers for Disease Control and Prevention