

Extreme Weather



Did you know?

Climate change increases the intensity and frequency of tropical storms, major hurricanes, and heat waves. These extreme weather events are a health risk for child safety, physical and emotional health.

Action Plan

- **Be prepared:** develop an emergency plan for you, your family, and your neighborhood
 - Sign up for emergency alerts/warnings
 - Build an emergency kit
 - Create an evacuation plan with your family
 - Know how to seek shelter (FEMA App)
 - Develop a family communication plan
- **Strength in numbers:** Reach out and look after neighbors (especially the elderly, those with young children, or those with chronic health conditions who may be more at risk) if your community experiences an extreme weather event. Work as a community to develop and share evacuation plans.
- **Take action:** Seek help from your medical provider for health concerns

Community Resources

Create an [Emergency Plan](#) with your child

Build an [Emergency Kit](#) for your family

Complete an [activity book](#) with your child(ren) to help cope after a climate disaster

Sign up for [emergency alerts](#) and **download apps** to stay informed if you have a mobile device.



Boston Children's Hospital
Pediatric Environmental Health

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Region 1: New England

PEHSU
Pediatric Environmental Health
Specialty Unit