

What's Good for Health, is Good for Climate

We care about healthy living in the Capital Region. OutsideIn means that the outside environment (climate) affects us on the inside (health). That is why we are concerned about climate change. Now is the time to come together as a community and talk about how hotter temperatures, water shortages and other changes to our environment are affecting our well-being. The good news is, many actions that help reduce climate change also improve the health of our families and community.

Even during wet years, drought threatens California's water supply and will be more common in the future - affecting our health and way of life. For humans, the health effects of drought are far reaching, with some areas and people more impacted than others. Drought can:

- Decreased water supply and quality.
- Reduced air quality through wild fires, smoke, dust storms.
- Increased risk of illness, disease, and mental health effects.
- Increased food prices and lower nutrition.
- Harm trees that capture carbon, clean and cool the air.



Being Healthy During Droughts

Water is a critical part of California's way of life. Our economy, our environment and our day-to-day lifestyle need water to flourish. We all have a role to play in promoting water efficiency and preparing for a drought.

What we can do:

- Reduce indoor and outdoor water use, but keep watering trees, washing hands and produce.
- Limit showers to 5 minutes and use a bucket to capture and reuse cold water.
- Turn off the water while brushing your teeth or shaving
- Only run dishwashers and washing machines when full.
- Check for and fix leaks in and around your home. Visit the [EPA](#) and [Grace Communications Foundation](#) websites for resources on how to save water and money on your next bill.
- Wash cars at car washes or on the lawn. The grass will help capture the runoff and filtrate pollutants.
- Learn where your water comes from
- Look out for neighbors and friends who may need extra help.
- Visit [River-Friendly Landscape](#) and [saveourwater.com](#) for more water conservation & landscape tips, and turf replacement [rebate](#) information.
- Regional farmworker agencies can offer supportive services to drought- impacted, low-income farmworkers and households, visit the [CSD](#) website to find out more.
- Sweep sidewalks and patios rather than hosing them down.

To learn more and get involved, go to the CRC website: <http://climatereadiness.info/outsidein-capital-region/>



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