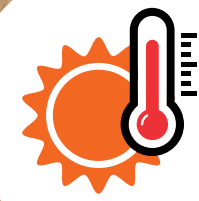


Stay Drought Safe

Drought Can Impact Your Health



Learn more about steps you can
take to reduce your risk at
<https://go.unmc.edu/droughthealth>.



Heat-Related Illness

Drought can cause or worsen prolonged periods of extreme heat which can cause dangerous heat-related illnesses.



Mental Health

Severe droughts can increase stress, anxiety, and suicidal ideation, particularly for people living in remote or rural areas, older adults, farmers, and others working in agriculture.



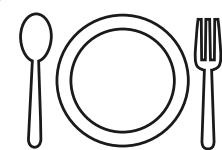
Respiratory Issues & Allergy-Related Illness

Dry, dusty conditions and wildfires are common with more severe drought events, which can worsen respiratory illnesses or infections like asthma or bronchitis.



Gastrointestinal Illnesses

Drought can limit access to water for cleaning, sanitation, and hygiene, which helps prevent gastrointestinal illnesses such as E. coli or salmonella.



Hunger or Famine

Smaller crop yields due to drought events can result in rising food prices and shortages, potentially leading to malnutrition or famine.



Infectious Diseases

Droughts can increase the risk of illnesses spread through insects such as West Nile virus, dengue, Lyme disease, and Rocky Mountain Fever.

