

PROTECTING YOUR FAMILY FROM DROUGHT

Stay healthy in a drought with these simple steps!

THE DROUGHT AND HEALTH CONNECTION

Drought occurs when rainfall is lower than average for an extended period of time.

Drought affects many aspects of your health through the food you eat, the water you drink, and the air you breathe.

Take these important steps to protect your health and that of your family, and conserve water in times of drought.

WAYS TO PROTECT YOURSELF

- **Stay cool and hydrated.** High temperatures often come with drought, so to protect yourself from heat exhaustion and heat stroke, drink lots of water and seek shelter in a place with air conditioning.
- **Eat healthy foods.** Drought can damage crops, making healthy foods more expensive or unavailable. If you can't rely on fresh fruits and vegetables, you can get many of these nutrients from frozen, canned, and dried produce.
- **Follow boil water notices.** During a boil water notice, it is important to use "safe water" (bottled water, water that has been boiled for one minute, or packaged ice) for drinking, cooking, washing vegetables, and rinsing dishes.
- **See a doctor.** If you are experiencing high levels of stress and anxiety, or experiencing breathing problems due to poor air quality, talk to your health care provider.

WATER CONSERVATION TIPS

Take shorter showers.



Pro tip: Turn off the water while soaping, shaving, brushing teeth, and soaping hands.

Wash full loads of laundry.



Pro tip: Try to only wash full loads of laundry, or adjust the water level of your washer to fit the load size.

Avoid watering your lawn.



Pro tip: Only water your lawn and garden once a week, in the morning or late evening to minimize evaporation.

For more tips, view the full toolkit at:

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