

# From Risk to Resilience: Beating Extreme Heat in Atlanta Together

A project between Atlanta residents and Emory CHART scientists to find ways to keep communities safe during extreme heat.

## What's going on?

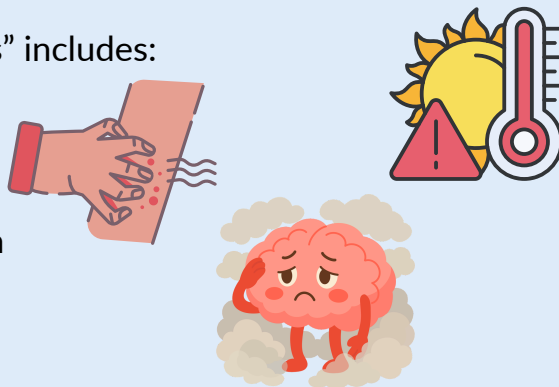
- Extreme heat means the weather is much **hotter** than usual for that place and time of year. In Atlanta, days with temperatures above 100°F are **expected to double** by 2053.
- Atlanta, like many other places, is facing rising temperatures. Extreme heat is becoming a big problem for our planet, and cities all over the world are **getting hotter**.

## Why is this important?

Being exposed to extreme heat can **make people sick**.

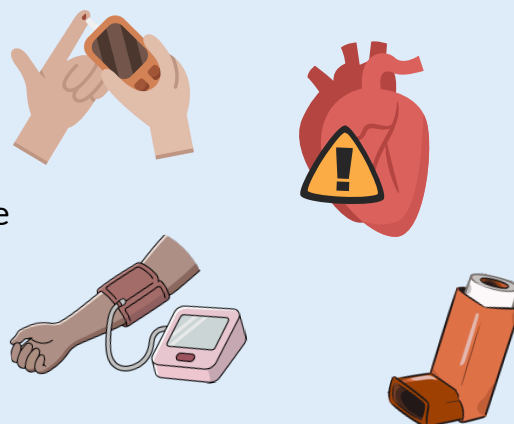
"Heat-related illness" includes:

- Heat rash
- Heat exhaustion
- Heat stroke



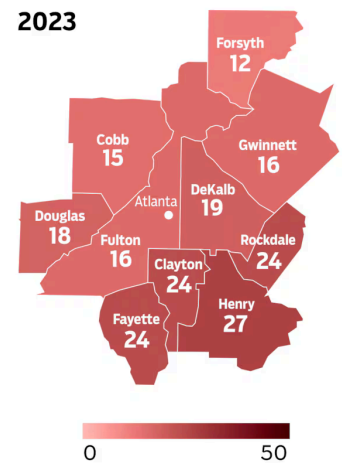
Being exposed to extreme heat can also **make health problems worse** like:

- Diabetes
- High blood pressure
- Heart disease
- Asthma

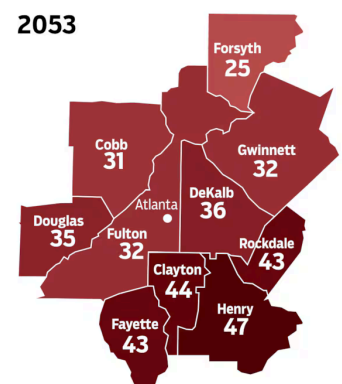


## Projected days above 100°F

2023



2053



Map: Sam Baskin  
Source: First Street Foundation

The Atlanta Journal-Constitution

## What is being done in my community?

- As metro Atlanta residents, we are feeling the heat. We thought about many ways to lower heat-related illness in our neighborhoods. **The back of this page explains some of the ideas we have to help keep our communities safe:**

**Flip over to find out more!**



EMORY  
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# In metro Atlanta, days over 100°F are predicted to double by 2053.

The bottom line: as temperatures go up, health risks go up too.

## Solutions

**Get community members involved in local decisions.** Spread awareness and positive change.



**Train outdoor workers and their employers on heat safety.** Know when it is dangerously hot, know what happens when people start getting sick from the heat, and change work schedules to stay safe.



**Provide more rides to cooling centers.** Cooling centers are great but people need to be able to get to them.

**Hold community events** to help people share information and look out for each other.

**Teach kids about staying safe in the heat.** Add lessons about heat safety to classrooms, camps, and sports programs to teach kids about the dangers of hot days and how to stay safe.



Help students make their communities safer during extreme heat by **boosting service projects.**



**Support energy assistance programs.** This helps people afford electricity to be able to keep their home cool.

**Make water easy to get on hot days.** Having enough water to drink is really important when it's hot.



**Make sure everyone has enough food to eat.** This keeps people healthy and less stressed so they can survive hot days.



## Resources

- Who you vote for depends on your voting district. Find your district information and get in touch with your representatives using the GA My Voter Page: <https://mvp.sos.ga.gov>
- County commissioners make policies, rules, and regulations. Find your county commissioner by looking up "(your county name) board of commissioners"
- Learn about the environmental laws in Georgia here: <https://ejgreenbook.com/>
- A cooling center may be open and available near you. Find a cool indoor area nearby by visiting <https://tinyurl.com/atlcoolingcenters>



ENVIRONMENTAL  
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Our resource toolkit has more help and resources. Scan the QR code or visit <https://tinyurl.com/GAresidentheat>

