

Ready for Extreme Weather?

CLIMATE RESILIENCE TOOLKIT

GET STARTED: Once you have determined the best actions, use this resource sheet to find more detailed information and start implementing some of the identified actions to better prepare your home and your family for climate change.

	Action *not ranked	When to implement	Cost range	Help
1	Use air conditioners	Anytime	\$	Eversource - Help Pay My Bill: www.eversource.com/content/ema-c/residential/my-account/billing-payments/help-pay-my-bill
2	Make sure you access a cool area during the day	Anytime	\$	Contact the Cambridge Dept. Public Health: 617-665-3800
3	Make sure your family is prepared for extreme weather	Anytime	\$	Sign up for code red: https://www.cambridgema.gov/iwantto/signupforcodeered and use this checklist from the Cambridge Public Health Department: http://www.cambridgepublichealth.org/publications/FamilyPreparednessBrochure.pdf
4	Maintain healthy trees and gardens	Anytime	\$	Department of Public Works City Tree Planting Program: https://www.cambridgema.gov/theworks/ourservices/urbanforestry/citystreetplantingprograms
5	Raise storage up off the floor	Anytime	\$	
6	Use low- or no-cost ways to prevent mold, mildew, and pests	Anytime	\$	Cambridge Public Health Department - Heat & Flooding Resource Sheet: http://www.cambridgepublichealth.org/climate-change/Heat-and-Flooding-Resource-Sheet-Cambridge-MA-FINAL.pdf
7	Check on your neighbor	Anytime	\$	Cambridge Public Health Department - Heat & Flooding Resource Sheet: http://www.cambridgepublichealth.org/climate-change/Heat-and-Flooding-Resource-Sheet-Cambridge-MA-FINAL.pdf
8	Advocate to insulate roof, basement, and exterior walls	Anytime	\$	Cambridge Energy Alliance: http://cambridgeenergyalliance.org/
9	Clean storm drains(s) close to your home	Before the next predicted rainstorm/ in the fall and spring	\$	Why clean storm drains? https://www.cambridgema.gov/theworks/ourservices/sewermaintenance/preventivemaintenance
10	Hang insulated curtains over window	Anytime	\$	www.energy.gov/energysaver/energy-efficient-window-attachments

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WHAT IS YOUR RISK?

The City has studied future flood and heat risks from climate change, which show that in the future temperature will be warmer and extreme flood events are likely to be more intense than they are today. The results from the City's Climate Change Vulnerability Assessment (CCVA) show that everyone is at risk of higher temperatures, while some homes are more prone to flooding. In all cases, we all need to prepare for a new normal best suited for renters. This toolkit can help you think through how to prepare for climate change.

1. UNDERSTAND YOUR PROPERTY'S FLOOD RISK

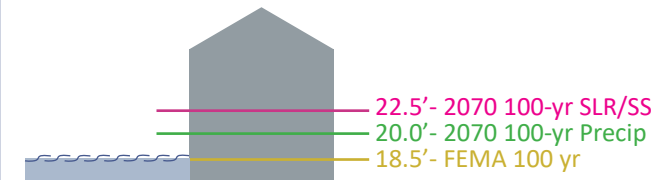
Look up your address in the Cambridge FloodViewer here:



<https://www.cambridgema.gov/Services/FloodMap>

The FloodViewer does not include all types of storms (e.g. microbursts), so your property may still experience flooding, even though it is not identified in a flood zone in the FloodViewer.

3. GET INFORMED ABOUT YOUR FLOOD RISKS



You are in an identified flood zone: Focus on protection and prevention to minimize impacts on you and your property.

You are not in an identified flood zone: Focus on prevention to minimize impact on your property.

4. POSSIBLE FLOOD IMPACTS:

- Your 1st floor or basement unit floods
- Your car is flooded
- You are unable to travel to work
- Your building heating systems are damaged
- You are not insured for flood damage
- You do not have emergency funds for recovery

2. UNDERSTAND YOUR PERSONAL RISK

Part of being prepared is understanding if you or a family member are at greater risk. Stressors that can increase vulnerability include:

- Financial stress and lack of emergency funds.
- Family members with poor health or limited mobility.
- Limited ability to understand English with no access to warning information.
- Household includes children (below 5 years) that need constant supervision.
- Household includes adults over 62 years at risk of isolation.

GET INFORMED ABOUT YOUR HEAT RISKS



- You live in a home with **little or no insulation** and have old windows.
- Your **air conditioner cannot meet the demand**, or you do not have air conditioning.
- Your property does **not have much vegetation**.

POSSIBLE HEAT IMPACTS:

- Indoor temp. reaches 80 degrees & is unbearable
- Loss of food/medication due to power shortage
- Mold grows in your building caused by heat & humidity
- You suffer from heat sickness
- Your childcare or school closes
- Your pets are affected

A new normal


What can you do to prepare?

Now that you have identified your climate risk and how you could be impacted by **flooding** and **extreme heat**, you are informed to identify which actions might be best suited to your specific conditions to best prepare you for a “new normal” and help reduce climate change. This image shows some options to improve resiliency of your apartment. This is not a comprehensive list of all the ways you can prepare and protect, but rather a starting point of practical actions that you can take to make your home more resilient in the future.

- 1. Use air conditioners**
How: Talk to your property owner/manager about installing a window unit or fans.
Why: This will provide ventilation and cooling in your apartment.
- 2. Make sure you access a cool area during the day**
How: Spend time in a public air-conditioned place during the day or a cooling center. Visit the Cambridge Senior Center, which is the City's designated cooling center, or other public spaces with air conditioning.
Why: It is important for your body to get a break from the heat.
- 3. Make sure your family is prepared for extreme weather**
How: Create a go-kit and sign up for emergency alerts.
Why: It will be easy to react quickly and you will be notified if there is an emergency event.
- 4. Maintain healthy trees and gardens**
How: During summer months and heat waves, water plants and trees in your neighborhood.
Why: A thriving garden and healthy trees will provide shade and a cooler neighborhood.
- 5. Move low personal items at risk of flooding up higher**
How: Store important documents/household items on a shelf or a watertight container.
Why: This will reduce the likelihood of damage from **flooding**, including preventing mold.
- 6. Use low- or no-cost ways to prevent mold, mildew, and pests**
How: Use a dehumidifier on humid days. Check with the Cambridge Department of Public Health or Centers for Disease Control on best products to use to prevent mold. www.cambridgepublichealth.org or www.cdc.gov/mold
Why: This will improve living conditions after a **flooding** or **extreme heat** event.
- 7. Check on your neighbor**
How: Knock on their door or give them a call.
Why: Some people who are elderly or with chronic disease are more at risk than others, and checking in during a **flooding** or **extreme heat** event could save a life.
- 8. Advocate to insulate roof, basement, and exterior walls**
How: Talk with your landlord for home improvement, such as adding insulation to exterior walls. Many energy-efficiency actions also improve performance and financial incentives may be available.
Why: It will keep your house cooler during **extreme heat** and will also maintain interior temperature during energy shortage due to **flooding**. It will also reduce electricity and utility bills.
- 9. Clean storm drains(s) close to your home**
How: Remove leaves and dirt that clog the grates.
Why: This will allow for the City's infrastructure to best capture stormwater and reduce **flooding risk**.
- 10. Hang insulated curtains over windows**
How: Install curtains or blinds in windows that are most exposed to sun.
Why: This will prevent solar heat gain through windows in **extreme heat** and prevent heat loss through the windows in the winter.

Get cool:
Splash pad at Danehy Park

Participate to community events:
Riverfest



Fresh Pond