

Michigan Climate and Health Outlook: SPRING 2025

Weather Outlook

From March through May, there is an equal chance that Michigan will experience above or below normal temperatures and a 40-50% chance most of the **Lower Peninsula** will experience above normal precipitation while most of the **Upper Peninsula** has a 33-40% chance of above normal precipitation. For February, you can expect equal chances of temperatures above or below normal with chances for above normal precipitation. “Normal” values are based on the most recent 30-year average from 1991 to 2020. As the ground thaws from winter temperatures, it is important to prepare for possible flooding. Source: [NWS Three-Month Outlook](#), [NWS One-Month Outlook](#).

Potential Climate-Related Hazards

[VIEW COUNTY LEVEL OUTLOOK](#)

	What impact could this have on human health?	What are some recommended actions?
Cold (NWS Watch, Warnings and Advisories)	Extreme cold temperatures can cause frostbite and hypothermia. Populations most at risk include people with poor blood circulation, people not dressed warmly enough, older adults especially those without adequate food, clothing or heating, babies sleeping in cold rooms, people who stay outdoors for long periods of time and people using drugs or alcohol.	Learn the signs of hypothermia and frostbite using the Cold Health and Safety Factsheet (Spanish translation).
Storms (NWS Watch, Warnings and Advisories)	Health impacts may include carbon monoxide poisoning due to improper generator use; physical injury due to storm debris; and acute or chronic mental health conditions. Additionally, power outages can impair access to electricity-dependent medical equipment.	Share resources: <ul style="list-style-type: none"> • CO Poisoning Prevention and Symptoms • CO Poisoning and Generator Safety (multiple languages) • Food Safety for Power Outages • Power Outage Checklists
Flooding (2025 Spring Flood Outlook Map)	Health impacts can include: carbon monoxide poisoning due to improper generator use, drowning, and floodwater debris; skin and eye infections, as well as gastrointestinal and respiratory illnesses from contaminated floodwater; and acute or chronic mental health conditions. Additionally, power outages can impair access to electricity-dependent medical equipment.	Share resources on preparing for floods , staying safe during a flood , and staying safe after a flood . <ul style="list-style-type: none"> • The SAMHSA Disaster Distress Helpline and Text Service (1-800-985-5990) is available 24/7, free, and staffed by trained crisis counselors.
Ticks (MiTracking Tick Data)	In Michigan, the blacklegged tick that transmits Lyme disease is active when outdoor temperatures are above 40°F. See a doctor if you develop a fever, a rash, severe fatigue, muscle or joint pain, or facial paralysis within 30 days of being bitten by a tick. Be sure to tell your doctor about your tick bite. If you have these symptoms and spent time outdoors where ticks may be found, it is important to get treatment right away.	Share the Tick Bite Prevention Factsheet . Use repellent that contains 20 percent or more DEET, picaridin or IR3535 on exposed skin for protection that lasts several hours. Take a shower as soon as you can after coming indoors.
Drought (Map)	Dry soil can increase the dust and pollen in the area, which can irritate the respiratory system. Stagnant water may become breeding grounds for disease carrying mosquitos. Drought’s economic consequences can have mental health impacts.	Review these CDC resource guides in order to prepare for drought and protect public health during drought .
Wildland Fire (Fire and Smoke Map)	Late spring typically marks the beginning of wildfire season. Fires can cause burns and smoke exposure can irritate the respiratory system, impact the immune system and increase the risk of reduced birth weight and preterm birth.	Share these Fire Safety Tips from Michigan’s Department of Natural Resources and the Wildfire Smoke and Health webpage from MDHHS.

Learn More

michigan.gov/climateandhealth

[MDHHS Spring Climate and Health Education Resource Packet](#)

Contact: Caroline Helsen, Climate and Health Program Manager, MDHHS, HelsenC@michigan.gov