

U.S. Seasonal Forecast for Health

October 2025

A collation of publicly available seasonal forecasts and information on potential health implications of those outlooks.



CLIMATE CARE
— CONSULTING, LLC —

Regional Climate Hazards in October

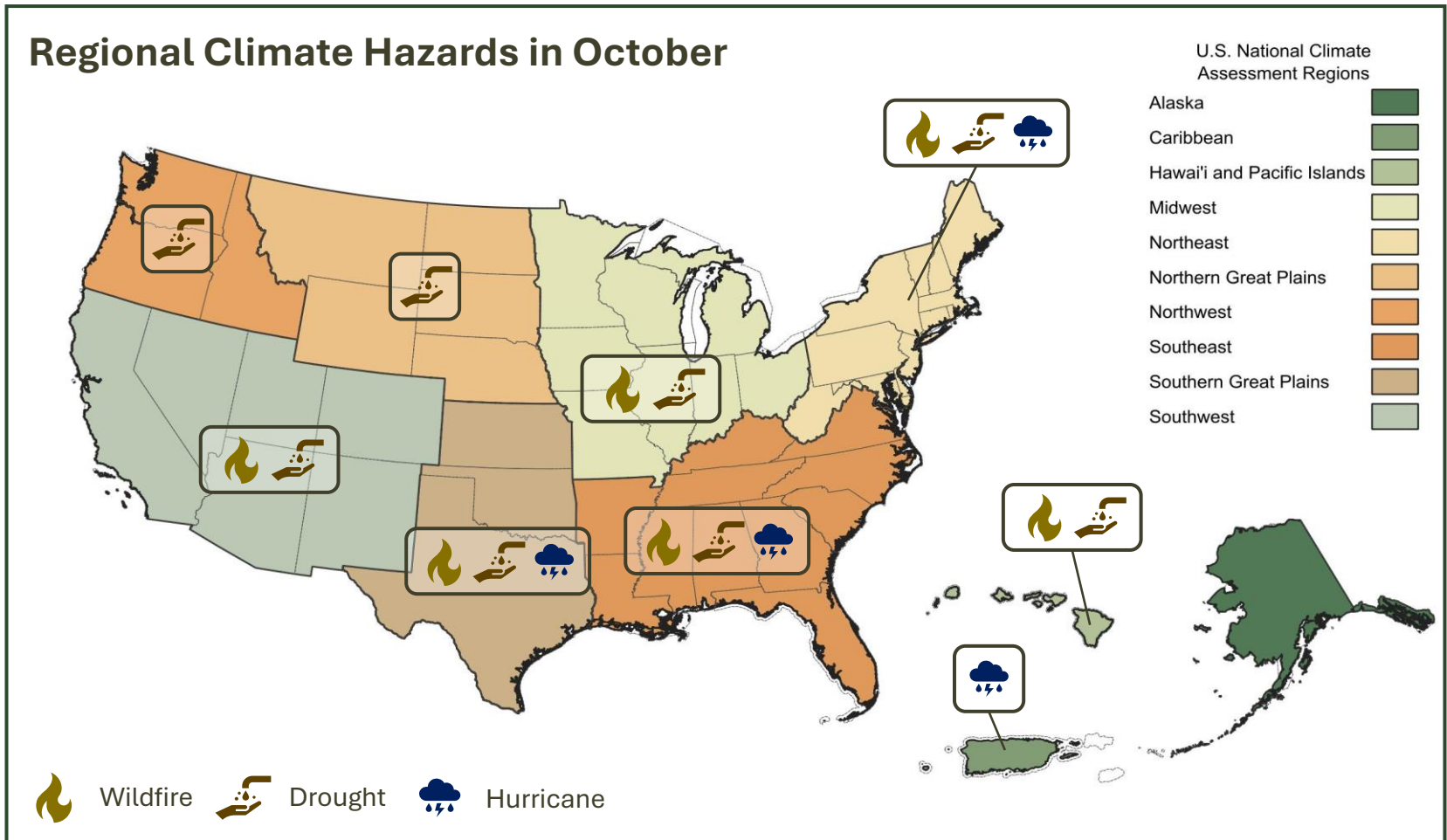


Figure: This map reflects climate hazard forecasts during October 2025, simplified by National Climate Assessment (NCA) region. A more detailed map of wildfire potential from the National Interagency Coordination Center's (NIFC) [National Significant Wildland Fire Potential Outlook](#), and drought potential from the NOAA/NWS CPC [U.S. Drought Outlook](#). Detailed summaries of the data presented in these maps can be found on the next page.

NEW THIS ISSUE

- ☛ Hurricane season is ramping up! Stay up to date on recent and current disturbances and learn how to protect yourself and others.
- ☛ Look back on Summer 2025 climate events and how this season compared to previous years.

Find additional forecast details and resources inside!



Regional Climate Hazards in October

Alaska

There are no hazard forecasts to report for Alaska in October.



Northern Great Plains

Drought persistence is forecast in southwestern MT, western + southern WY, southcentral SD, and areas northern + western NE in October.



Caribbean

The Atlantic basin is likely to have an above-normal hurricane season, potentially impacting PR and the VI.



Northwest

Drought persistence is forecast in southern ID in October.



Hawai'i and U.S. Pacific Islands

Above normal wildland fire potential is predicted across HI in October. Drought persistence is forecast across much of HI.



Southeast

Above normal wildland fire potential is predicted in western VA and NC in October. Drought development and persistence is forecast in LA, MI, much of AR, AL, and KY, western TN, central VA, areas of western + eastern GA, the FL panhandle, and scattered areas of NC and SC. The Atlantic basin is likely to have an above-normal hurricane season, potentially impacting states in the Southeast.



Midwest

Above normal wildland fire potential is predicted in northern MN and southcentral MI in October. Drought development and persistence is forecast across OH, IN, IL, MO, southern MI, and southeastern IA.



Southern Great Plains

Above normal wildland fire potential is predicted in eastern + central TX and eastern OK in October. Drought development and persistence is forecast across much of TX, central + southern OK, and areas of eastern KS. The Atlantic basin is likely to have an above-normal hurricane season, potentially impacting areas of southeastern TX.



Northeast

Above average wildland fire potential is predicted in ME, VT, NH, NY, much of PA, and eastern WV during October. Drought development and persistence is forecast across NH, VT, WV, coastal VT + CT, and scattered areas of northern NJ, eastern + western NY, PA, MA, and MD. The Atlantic basin is likely to have an above-normal hurricane season, potentially impacting coastal areas of the Northeast



Southwest

Above normal wildland fire potential is predicted in southern CA in October. Drought persistence is forecast in UT, much of AZ, NM, and NV, western CO, and southern + central CA.

2025 Hurricane Season Update

How will the 2025 hurricane season compare to previous years?

The Atlantic and Central Pacific hurricane season lasts from June 1st to November 30th while the Eastern Pacific hurricane season starts on May 15th and ends on November 30th. On August 7th, NOAA issued an [updated Atlantic hurricane season prediction](#) of 13-18 named storms (winds of 39 mph+), with 5-9 becoming hurricanes (winds of 74 mph+), and 2-5 becoming major hurricanes (winds of 111 mph+). The probability of an above normal Atlantic hurricane season is 50% and has remained similar to [the prediction issued by NOAA in May](#). This outlook also predicted a 50% chance of a near-normal Central Pacific hurricane season, with 1-4 tropical cyclones, and a below-normal season is expected for the Eastern Pacific with 12-18 named storms, 5-10 hurricanes, and 2-5 major hurricanes expected.

As of October 1st, 2025, four hurricanes, including three major hurricane have formed in the [Atlantic basin](#) during the 2025, along with five named tropical storms. In the [Eastern Pacific](#), seven hurricanes, including three major hurricanes have formed in addition to seven named tropical storms. Three hurricanes, including two major hurricane have developed in the [Central Pacific](#) along with one named tropical storm.

While the Atlantic hurricane forecast has the most relevance to the continental U.S., the Pacific forecasts not only have relevance to Hawai'i and U.S. territories around the Pacific, but also to global health sector

supply chains that rely on companies that may be affected by Pacific tropical cyclones.

Visit the NOAA/NWS [Seven Day Graphical Tropical Weather Outlook](#) for a shorter term look at hurricane potential.

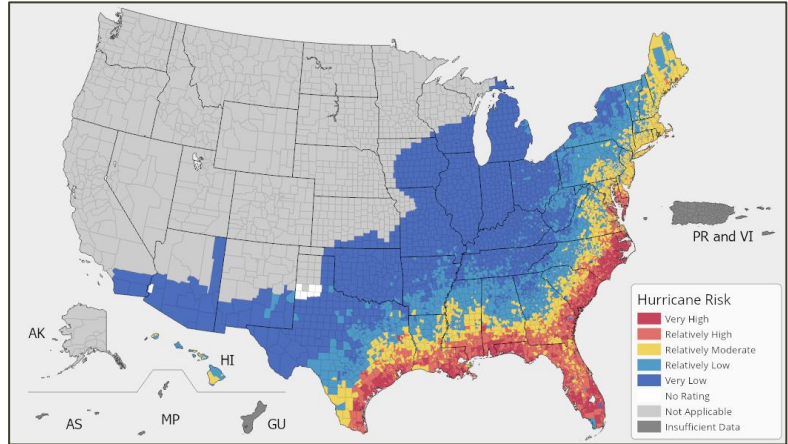


Figure: This map shows the National Risk Index (NRI) rating for hurricane risk across U.S. counties. Hurricane risk categorization was calculated using historical records of hurricane paths and intensity.

Where is there a high risk of hurricanes in the U.S.?

The Federal Emergency Agency (FEMA) [National Risk Index](#) (NRI) provides a baseline risk measurement on 18 natural hazards across U.S. counties and census tracts. Based on the NRI hurricane risk index rating, 318 counties across AL, CT, DC, DE, FL, GA, HI, LA, MA, MD, ME, MS, NC, NH, NJ, NY, PA, RI, SC, TX, and VA are estimated to have “very high,” “relatively high,” or “relatively moderate” hurricane risk.

Hurricanes and tropical storms create an increased risk of additional climate hazards including:

Inland Flooding

[Hurricanes and tropical storms often bring heavy rainfall inland.](#) Heavy rain over a short time period can result in flash floods and longer-term flooding in rivers and streams. Slower moving and larger storms produce more rainfall and pose a higher risk of flooding.

Tornadoes

[There are an estimated 1,200 tornadoes in the U.S. annually.](#) Tornadoes can occur across all 50 states and can happen anytime of year but are most frequently recorded in the Southern Plains from May to early June and in the Northern Plains and Midwest in June or July.

Hurricanes and tropical storms can lead to tornado formation. Tornadoes created during hurricanes can occur near the center of the storm, but more frequently occur in thunderstorms far from storm center.

Summer 2025 Hazards Lookback

June-August 2025 ranked as the [12th warmest summer](#) for the contiguous U.S. (CONUS) according to the NOAA National Centers for Environmental Information (NCEI) 131-year record. Average temperatures were 73.3°F, or 1.95°F above the average, and five states experienced [temperatures over 3°F above 20th century summer averages](#). [Josephine County, Oregon](#) experienced a 5.7°F above average temperature anomaly, ranking as the second warmest summer on record for the county. In West Virginia, [seven counties](#) experienced their warmest on record June-August average temperatures. Average minimum temperatures across CONUS were [2.5°F above average](#) and tied for the fourth warmest on record.

June-August was also marked by the [6th fewest](#) number of wildfires (18,917) and total acres burned (2,983,336) in the U.S. in the NCEI 26-year record. In August, [the Gifford Fire](#) in California became the state's largest wildfire of the year at 131,000 acres burned. San Juan County, Utah also saw a rare fire-generated tornado with winds up to 122 mph during the Deer Creek wildfire in July.

Average precipitation varied throughout CONUS during June-August, with total precipitation averaging 0.37 inches above normal. The Northeast, Southwest, and Northwest experienced a drier than average summer, with [New Hampshire](#) recording its driest summer on record, and [Vermont](#) experiencing its second driest summer (driest since 1913). The Northern and Southern Plains experienced above average June-August precipitation, with [Iowa](#) recording its 6th wettest summer, and [Nebraska](#) recording its 11th wettest summer. [Severe flash flooding was recorded across several states during July](#), including areas of Texas, New Mexico, North Carolina, New Jersey, and New York. These floods resulted in at least 143 fatalities, 135 of which were attributed to the catastrophic July 4-7 flooding in Texas Hill Country.

In August, Hurricane Erin became the first major hurricane of the season. Erin ranked as the [third largest 24-hour pressure drop](#) ever recorded in the Atlantic. The storm brought heavy rainfall and strong winds to Puerto Rico and the U.S. Virgin Islands.

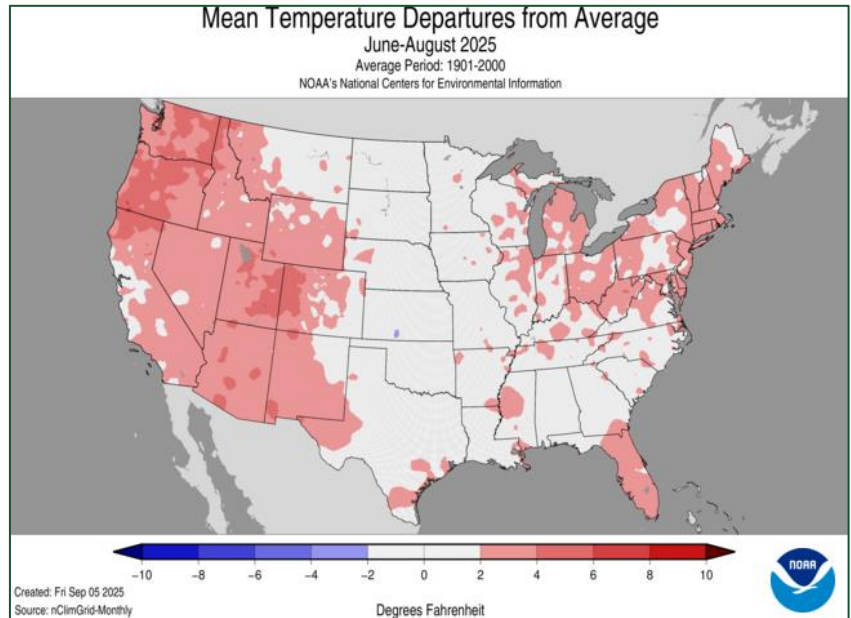


Figure: The map above was developed by the [NOAA NCEI](#) and shows the mean temperature departure from average across the U.S. during June-August 2025. Anomalies are based on the 1901-2000 historical average.

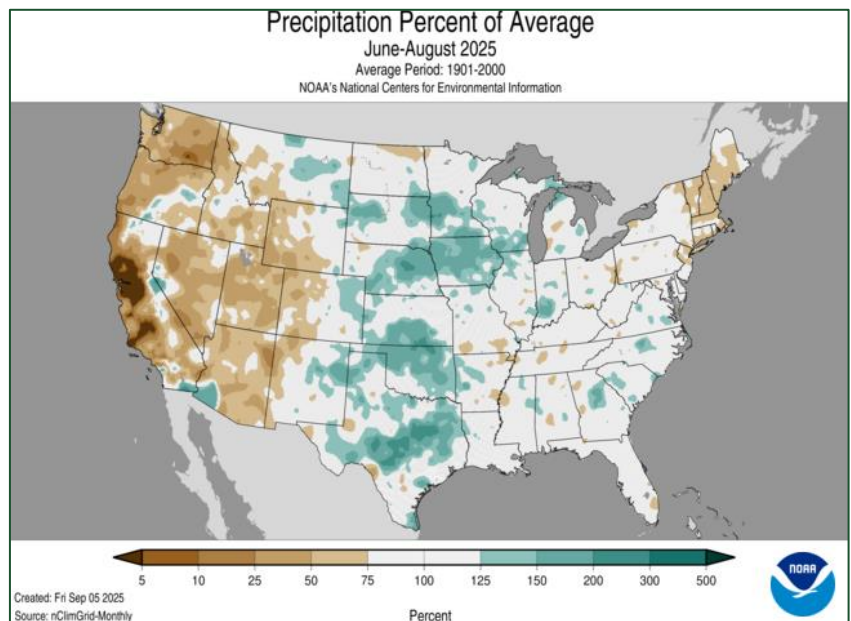


Figure: The map above was developed by the [NOAA NCEI](#) and shows the precipitation percent of average across the U.S. during June-August 2025. Anomalies are based on the 1901-2000 historical average.

Extreme Heat & Your Health

Extreme Heat Can Lead to...	Populations with Increased Vulnerability	Resources for Staying Informed and Practicing Preventive Measures
• Heart disease hospitalization • Heat exhaustion, heat stroke, and other heat-related illnesses • Exacerbated asthma symptoms and Chronic Obstructive Pulmonary Disease (COPD) • Dehydration resulting in kidney injury and blood pressure issues • Worsening mental health symptoms, as well as increased levels of violence, crime, and suicide	• Those who have increased exposure (e.g., are experiencing homelessness; are emergency responders; are athletes; and/or work outdoors, or indoors with insufficient cooling); • Those who have increased biologic sensitivity (e.g., are <age 5; are age 65+; are pregnant; and/or have chronic health conditions such as a mental illness, diabetes, or cardiovascular condition); and/or • Those who face high socioeconomic burden and/or barriers to accessing cooling or healthcare (e.g., live in a low-income community, and/or have one or more disabilities).	• The National Integrated Heat Health Information System’s (NIHHIS) Heat.gov • CDC/NWS’s HeatRisk Forecasting Tool • The National Institute of Environmental Health Sciences’ (NIEHS) Building Blocks for a Heat Stress Prevention Training Program • CDC’s Clinical Overview of Heat • CDC’s Helping Teens Cope After a Natural Disaster • The National Center for Healthy Housing’s Cooling Centers by State

Wildfire & Your Health

Wildfire and Wildfire Smoke Can Lead to...	Populations with Increased Vulnerability	Resources for Staying Informed and Practicing Preventive Measures
• Heat stroke, rhabdomyolysis (muscle breakdown), and other heat-related illnesses • Burns • Bronchitis • Asthma • Heart failure • Reduced birthweight • Reduced lung function • Lung infections	• Those who have increased biologic sensitivity (e.g., are <age 5, are age 65+, are pregnant, and/or have chronic health conditions such as asthma or another lung disease or a cardiovascular disease); and/or • Those who face economic, social, environmental, and/or other burdens that may limit their ability to reduce exposure (e.g., identify as a racial or ethnic minority, have low-income, have one or more disabilities, and/or work outdoors).	• CDC’s Wildfires and Your Safety • The Ready.gov Wildfires page • The Environmental Protect Agency’s (EPA) Smoke-Ready Toolbox for Wildfires • EPA’s Wildfire Smoke and Your Patients’ Health • CDC’s Helping Teens Cope After a Natural Disaster • The FEMA App • The Substance Abuse and Mental Health Services Administration’s (SAMHSA) Disaster Distress Helpline

Drought & Your Health

Drought Can Lead to...	Populations with Increased Vulnerability	Resources for Staying Informed and Practicing Preventive Measures
- Malnutrition resulting from low crop yield and food shortages - Respiratory irritation caused by increased dust and pollen - Stagnant waters favoring increased breeding of insect disease vectors - Increased economic burden resulting in mood disorders, domestic violence, suicide	- Those who have increased exposure to dust (e.g., are experiencing homelessness, work outdoors, or live/work in agricultural communities); - Those who drink well water from a private well, or water from poorly maintained municipal systems; and/or - Those who have increased biologic sensitivity (e.g. are <age 5, are age 65+, are pregnant, have chronic health conditions, and/or have special needs in the event of an emergency).	- CDC’s Drought and Your Health - The Ready.gov Drought page - CDC’s Helping Teens Cope After a Natural Disaster - SAMHSA’s Disaster Distress Helpline

Hurricanes & Your Health

Hurricanes Can Lead to...	Resources for Staying Informed and Practicing Preventive Measures
- Drowning due to flooding from storm surges - Injury from debris blowing around as a result of high winds - Carbon monoxide poisoning with resulting loss of consciousness and death, related to improper use of generators during weather-related power outages - Emotional distress, especially for those who have previously experienced storms	- The Administration for Strategic Preparedness and Response’s (ASPR) Hurricane Resources at Your Fingertips - CDC’s About Hurricanes and Other Tropical Storms - The Ready.gov Hurricanes page - The Ready.gov Business Hurricane Toolkit - SAMHSA’s Disaster Distress Helpline - The U.S. Food & Drug Administration’s (FDA) Hurricanes: Health and Safety - The U.S. Centers for Medicare and Medicaid Services (CMS) Getting Care in a Disaster or Emergency - CDC’s What to Do to Protect Yourself During a Power Outage

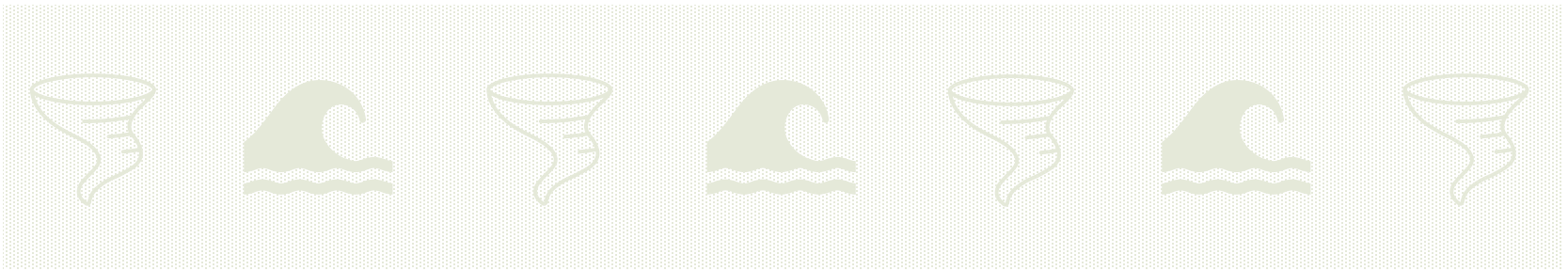


Flooding & Your Health

Flooding Can Lead to...	Resources for Staying Informed and Practicing Preventive Measures
• Drowning • Broken bones, cuts, and electrocution from objects in floodwaters • Burns, rashes, skin and eye infections, and gastrointestinal and respiratory illnesses resulting from contaminated floodwaters • Allergy and respiratory illness from mold growth post-flooding • Higher likelihood of landslides due to extreme rain	• CDC’s Water, Sanitation, and Hygiene (WASH)-related Emergencies and Outbreaks • CDC’s What to Do to Protect Yourself During a Power Outage • The Ready.gov Floods page • The Administration for Strategic Preparedness and Response’s (ASPR) Emergency Prescription Assistance Program (EPAP) • CDC’s Homeowners and Renters Guide to Mold Cleanup After Disasters

Tornadoes & Your Health

Tornadoes Can Lead to...	Resources for Staying Informed and Practicing Preventive Measures
• Injury from flying objects and damage left by extreme winds • Emotional distress due to destructive damage and unpredictability	• The Ready.gov Emergency Alerts page • The FEMA App • CDC’s Tornadoes: Before, During, and After • The Ready.gov Tornadoes page • SAMHSA’s Warning Signs and Risk Factors for Emotional Distress • SAMHSA’s Disaster Distress Helpline



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