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PRESS RELEASE

June 29, 2026

This is an important message from NY Alert
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Feels like temperatures are forecast to be above 100 degrees Fahrenheit in portions of Western New York and the Finger Lakes tomorrow before spreading across the state Wednesday, Thursday, and Friday. An Extreme Heat Watch has been issued from Wednesday through Friday statewide, except for portions of the North Country Region. Please see the full list of the included counties below.

Dangerous heat conditions are expected, which can lead to heat exhaustion or stroke. Consider postponing or rescheduling outdoor activities. Keep children and pets in air conditioning if possible. IF OUTSIDE: wear light-colored loose clothing and a hat. NEVER leave children or pets in a car.

- If possible, stay out of the sun and stay in the air conditioning.
- Avoid strenuous activity and exercise, especially during the sun's peak hours: 11 a.m. to 4 p.m.
- Drink plenty of fluids - preferably water.
- Check on your friends, family, and neighbors.

If you have signs of heat stroke, seek medical attention immediately. Signs of a heat stroke include:

- Extremely high body temperatures.
- Red, hot, and dry skin with no sweat.
- Rapid, strong pulse.
- Dizziness, confusion, and unconsciousness.

Find the nearest cooling center near you by visiting the NYS Department of Health Cooling Center website at <https://bit.ly/4lrT7oh> or for New York City Cooling Centers visit <https://finder.nyc.gov/coolingcenters/>

For more safety tips visit: <https://www.dhSES.nyc.gov/extreme-heat>

The **Extreme Heat Watch** mentioned above has been issued for Albany, Bronx, Broome, Cayuga, Chemung, Chenango, Clinton, Columbia, Cortland, Delaware, Dutchess, Erie, Essex, Fulton, Genesee, Greene, Herkimer, Kings, Livingston, Madison, Monroe, Montgomery, Nassau, New York, Niagara, Oneida, Onondaga, Ontario, Orange, Orleans, Oswego, Otsego, Putnam, Queens, Rensselaer, Richmond, Rockland, Saratoga, Schenectady, Schoharie, Schuyler, Seneca, Steuben, Suffolk, Sullivan, Tioga, Tompkins, Ulster, Warren, Washington, Wayne, Westchester, and Yates Counties from Wednesday through Friday. Dangerously hot conditions with heat index values over 105 degrees Fahrenheit are possible. Extreme heat and humidity will significantly increase the potential for heat related illnesses, particularly for those working or participating in outdoor activities.

A **Heat Advisory** has been issued for Allegany, Broome, Cattaraugus, Cayuga, Chautauqua, Chemung, Chenango, Cortland, Erie, Genesee, Jefferson, Lewis, Livingston, Madison, Monroe, Niagara, Oneida, Onondaga, Ontario, Orleans, Oswego, Schuyler, Seneca, Steuben, Tioga, Tompkins, Wyoming, and Yates Counties for tomorrow as heat index values up to 97 degrees Fahrenheit are expected. The hottest temperatures will be in urban valley locations during the mid to late afternoon period.

Additional Heat Advisories and Extreme Heat Warnings may be issued during the upcoming days. Continue monitoring updates to the forecast via local media or your nearest National Weather Service Office by visiting www.weather.gov and search for your zip code.