

**GOVERNOR HOCHUL ACTIVATES STATE EMERGENCY OPERATIONS CENTER
AHEAD OF FOUR-DAY EXTREME HEAT WEATHER EVENT PROJECTED TO
IMPACT NEW YORK**

*Beginning Today, Record Temperatures Forecasted for Western, Central and
Northern New York and the Capital Region*

*Extreme Heat is the Leading Cause of Weather-Related Deaths Nationwide,
According to CDC Data*

New Yorkers Encouraged to Stay Hydrated; Find Cooling Centers in [New York State](#) and [New York City](#)

Governor Kathy Hochul today activated New York State's Emergency Operations Center ahead of a four-day extreme heat event that is forecasted to hit New York beginning today. Record temperatures are possible in Western, Central, Northern New York, and the Capital Region. Temperatures are likely to peak today through Thursday but will linger in some places into the weekend. The “feels like” temperature values are looking to approach the low 90’s to over 100 degrees today through Friday. Most places north of New York City will have “feels like” temperatures near 100 degrees or well over. Friday will vary between the mid 70’s in the North Country with the potential to exceed 100 degrees in the Mid-Hudson region. Saturday will be in the mid 70’s in the North Country and range anywhere from the lower 80’s to the mid 90’s in the rest of the state. Overnight temperatures will remain warm in the higher 60’s to mid 70’s, not allowing much relief from the heat tonight through Friday night. Saturday and Sunday night will range in the high 50’s to the mid 70’s statewide.

“Heat like this can be dangerous – New Yorkers should take every precaution to stay cool this week,” **Governor Hochul said.** “Stay hydrated, avoid excessive outdoor activity and, if needed, visit a cooling center near you.”

Keeping Safe During Extreme Heat

Prepare in Advance

1. [Sign up for NY alerts](#) that can come to your phone and email and other alerts offered in your local community.
2. Create a [family emergency plan](#) and include a plan to stay cool.
3. Install air conditioners and insulate around them, cover windows that receive morning or afternoon sun, and set up fans to increase air flow.
4. You may qualify for a free air conditioning unit. The Home Energy Assistance Program (HEAP) can provide an air conditioning unit to income eligible households that include someone with a documented medical

condition exacerbated by extreme heat, or households with young children or older adults. Applications will continue to be accepted until funding runs out. For more information, visit the [Office of Temporary and Disability Assistance website](#) or contact your local office for the aging at 1-800-342-9871.

5. Attend a free [Citizen Preparedness Corps](#) training for residents and get the tools and resources to prepare for emergencies.

Heat Stroke and Exhaustion - Know the Symptoms and What to Do

1. Heat stroke is the most serious type of heat-related illness and is always an emergency. Call 911 immediately if you or your loved one has a body temperature above 105°, a rapid pulse, confusion, rapid or shallow breathing, or loses consciousness. Try to cool the person quickly using a cool bath, fans and air conditioning while you wait for emergency responders.
2. Heavy sweating, fainting, nausea or vomiting, dizziness, weakness and cold clammy skin can be indications of heat exhaustion, which can quickly escalate to heat stroke without prompt intervention. Individuals should be moved to a cool place, and cool wet cloths applied to the neck, face and arms.
3. Heat cramps in the abdominal area or extremities can be treated by moving to a cool place, gently stretching the cramped muscle and drinking cool water.
4. Additional information, including procedures for athletes and coaches, workers and employers and heat and health data can be found on the Department of Health's [Extreme Heat website](#).

What to Do During Extreme Heat

1. Stay inside in the air conditioning if possible.
2. If you don't have access to air-conditioning within your home, open windows and shades on the shady side and close them on the sunny side to try to cool it down. It may also be cooler outside in the shade.
3. Identify free locations areas in your neighborhood where you can go to stay cool such as a public library, pool, or mall. Find Cooling Centers in [New York State](#) and [New York City](#).
4. Drink plenty of fluids - preferably water.
5. When working in the heat you should drink one cup (8 ounces) of water every 15 – 20 minutes. That translates to at least 24-32 ounces glasses of water per hour during extreme heat, even if you do not feel thirsty. Drinking water at shorter intervals is more effective than drinking large amounts infrequently. Your body needs water to keep cool. Avoid beverages containing alcohol or caffeine.
6. Beat the heat with cool showers and baths.
7. Take regular breaks from physical activity.
8. Avoid strenuous activity during the hottest part of the day (between 11 a.m. and 4 p.m.).

9. Wear loose, lightweight, light-colored clothing to help keep cool.
10. Stay out of the sun as much as possible.
11. Wear sunscreen and a ventilated hat (e.g., straw or mesh) when in the sun, even if it is cloudy.

Never Leave Children and Pets Unsupervised in Hot Cars

There is a real and severe danger when leaving children or pets unsupervised in a car even when temperatures don't "feel" hot. At 60 degrees outside, after just one hour a closed car can get as hot as 105 degrees.

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For Immediate Release: 6/17/2024

GOVERNOR KATHY HOCHUL

AHEAD OF RECORD-SETTING EXTREME HEAT, GOVERNOR HOCHUL DEPLOYS STATEWIDE RESOURCES AND URGES NEW YORKERS TO TAKE PRECAUTIONS TO PROTECT THEIR HEALTH

Governor Activates 50 Members of New York National Guard to Provide Assistance as Needed

Extreme Heat Poses Significant Public Health Risk; is the Leading Cause of Weather-Related Deaths in America

Find Cooling Centers in [New York State](#) and [New York City](#)

Governor Kathy Hochul today urged New Yorkers to prepare for extreme heat that is forecast for the State this week. A prolonged period of heat and humidity is anticipated to begin Monday in the Genesee Valley and Finger Lakes, and then affect the entire State Tuesday through Friday. A combination of high temperatures in the 90s and high humidity will lead to heat index values or “feel-like” temperatures in the upper 90’s to mid-100’s for consecutive days in the Capital Region, and Central, Western and Northern New York. This weather event may bring historic successive days of extreme heat to the I-90 corridor. The heat is expected to peak by Thursday with day and nighttime temperatures 5 to 15 degrees above normal. New Yorkers should monitor local weather forecasts for the most up-to-date information. For a complete listing of weather watches, warnings, advisories and latest forecasts, visit the National Weather Service [website](#). Governor Hochul has activated 50 National guard members to provide assistance as needed.

“Heat waves can be dangerous – with one expected this week, I encourage New Yorkers to take precautions necessary to stay safe and avoid exhaustion,” **Governor Hochul said**. “Keep an eye on your local forecast, stay hydrated and postpone outdoor activity as much as possible.”

According to the [U.S. Centers for Disease Control and Prevention](#) (CDC), extreme heat is increasing in the United States and is projected to be more frequent and intense. While serious health and safety effects are preventable in many cases, approximately [1,220](#) people in the United States are killed by extreme heat every year, the CDC reports.

State agencies are taking a number of actions to prepare for the upcoming heat.

Division of Homeland Security and Emergency Services

The Office of Emergency Management is in regular contact with county emergency managers to ensure cooling centers are available, and to offer support and advise on extreme heat risks. In addition, the agency is facilitating preparations and coordinating guidance and communications with State agency partners.

Department of Health

The State Health Department is taking a number of steps to promote the safety of all New Yorkers in periods of extreme heat especially those most at risk. The Department has distributed guidance to all hospitals and nursing homes, and will issue additional guidance to hosts of any scheduled public events with over 5,000 people in attendance. The Department will engage community based organizations and other funded providers in an attempt to increase access to cooling centers and safe spaces during this extreme heat. Resources can be found at the CDC's extreme heat website and the State Health Department's extreme heat advice [webpage](#).

Department of Public Service

The New York State Department of Public Service (DPS) is tracking electric system conditions and overseeing utility response to any situations that may arise as a result of this week's extreme heat. DPS has been in direct contact with utility leaders to ensure they are preparing their systems for the extreme heat and will be tracking system conditions throughout the event. If necessary, DPS will activate its standard peak load reduction program for all New York State agencies; the New York Independent System Operator will activate their voluntary Emergency Response Demand Program to curtail load as necessary and New York's utilities have approximately 5,500 workers available, as necessary, to engage in damage assessment, response, repair, and restoration efforts across New York State, for this heat event. Agency staff will track utilities' work throughout the event and ensure utilities shift appropriate staffing to regions that experience the greatest impact. If your service is interrupted, visit the DPS Utility Service Interruptions [website](#) for tips.

Office of Children and Family Services

The agency is taking a number of actions to ensure activities at residential centers, detention programs and congregate care programs are conducted in a safe manner during the heat. This includes checking cooling equipment, ensuring proper amounts of water are available and consumed, rescheduling activities and meetings, and identifying staff and clients who may be affected by heat. They are also providing guidance to child care programs and groups associated with the Commission for the Blind statewide.

New York State Office of Mental Health

In advance of the hot conditions, New Yorkers should be aware of the impact high heat may have on individuals receiving antipsychotic medications, who are at particular risk of heat stroke and neuroleptic malignant syndrome during periods of extreme heat, which is more likely in poorly ventilated areas. Children and the elderly are at increased risk.

In addition to monitoring individuals at risk, such conditions are best prevented by a heightened attention to hydration, particularly those at high risk, including individuals taking antipsychotic medications, the elderly, children and those with poor fluid intake. Also, individuals at high-risk should remain in cooler areas; be monitored for temperature elevations; avoid direct exposure to sunlight and wear protective clothing and sunscreen. Anticholinergic medications may interfere with sweating and should be minimized.

Office of Temporary and Disability Assistance

The agency is reminding local department of social services and emergency homeless shelter operators of the need to provide fans to help maintain reasonable air circulation during times of extreme heat and humidity. Also, that shelter providers should provide a cooling room in the facility for residents, if feasible.

NYS Department of Agriculture and Markets

The agency has compiled important information, including preventative measures, to help mitigate the effects of extreme heat on farm workers and farm animals, which is available [here](#). The Department will also be working closely with partners at The New York Extension Disaster Education Network (NY EDEN) at Cornell University to monitor any potential impacts of the extreme heat expected this week. NY EDEN is also a resource for farmers and farm workers during a heat wave, and additional information can be found at <https://eden.cce.cornell.edu/natural-hazards/heat-wave/>.

The **Department of Labor** is reaching out directly to thousands of businesses across NYS with heat safety messages.

The **Thruway Authority** maintenance crews will be conducting standard daily operations in the morning hours and will enhance patrols monitoring the highway during the afternoons.

Department of Transportation maintenance crews will conduct most outdoor work during morning hours and follow established hydration and rest protocols to help mitigate the risks associated with high temperatures.

The Division of Military and Naval Affairs will have military personnel and vehicles on standby in Albany and Syracuse to provide support as required to state heat wave response efforts.

People at High Risk

Extreme heat poses a serious threat for heat-related illness to adults over 60, infants and children, those who are pregnant, those with chronic diseases, and individuals with preexisting health conditions such as obesity, heart disease, and diabetes. New Yorkers should make sure to check in on those who may be susceptible to ensure they are able stay cool. Additionally, certain medications may increase risk to heat-related illness, so people should also to their doctor or pharmacist to learn more about medications that might make you sensitive to the sun or heat. For information on long term care services

and supports for older adults and caregivers, please visit [NY Connects](#) or call 1-800-342-9871.

Safety Tips for People Working Outdoors

As the summer season begins, employers should be mindful to let workers rest regularly, in shaded areas, and drink water regardless of if they feel thirsty. According to the National Weather Service, when the heat index is 80 degrees or higher, serious occupational heat-related illness and injuries become more frequent.

1. Water, shade, and rest are essential to worker safety during heat waves.
2. The Center for Disease Control and Prevention recommends employers provide each outdoor worker with 32-ounces of cool, potable drinking water per hour.
3. When the heat index equals or exceeds 80 degrees Fahrenheit, employers should establish shade areas near where people are working for rest and meal periods.
4. When the heat index reaches 90 degrees Fahrenheit or greater, standardized rest breaks are an important way to keep workers safe.
5. Workers should protect themselves from the sun and heat by wearing light clothing, wide brim hats, and sunscreen.

Workers and employers should also know the signs of common heat related illness, and all new and returning workers should keep in mind that they need to build a tolerance to heat or acclimatize. Workers whose bodies have not had time to adjust to working in the heat are the most vulnerable.

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Safety Tips for Children

1. Never leave a child in an unattended vehicle in the warm weather, not even with the windows slightly open or down, due to the risk of heatstroke (hyperthermia).
2. If you see a child in a hot car, call 911 right away and follow their instructions. Emergency personnel are trained to respond.
3. Teach children not to play in or around vehicles and to alert an adult when a friend is playing in a vehicle without supervision. Make sure children understand the dangers of trunk entrapment (suffocation, heatstroke, etc.).
4. Place something you need, like keys, a purse or bag, or your cell phone, next to your child's car seat so you will remember to check the backseat before you lock the car. Alternatively, place a stuffed toy in your child's car seat when not in use and move the toy to the front passenger seat when your child is in his/her car seat as a reminder that your child is in the vehicle.
5. Use drive-through services whenever possible while driving with a child in a vehicle.
6. It is vital to recognize the symptoms of heatstroke in children. Symptoms include absence of sweat, confusion, disorientation, flushed skin, loss of alertness, unconsciousness or rapid/shallow breathing.

Safety Tips for Pets

1. Never leave a pet unattended in the car. Like children, dogs and other animals have a harder time staying cool, leaving them extremely vulnerable to heatstroke. A car can overheat even when the window has been left cracked an inch or two. Parking in the shade or leaving water in the vehicle won't prevent your pet from overheating, either.
1. According to the American Society for the Prevention of Cruelty to Animals (ASPCA), young, overweight or senior animals or those with short muzzles or thick or dark coats are most at risk for overheating.
2. If you see a pet in a hot car, call 911 immediately.
3. Recognize the symptoms of heatstroke in pets and take action if you see them. Symptoms include restlessness, heavy panting, vomiting, lethargy and lack of appetite or coordination.

Be Air Quality Aware

1. Summer heat can lead to the formation of ground-level ozone and Governor Hochul [recently encouraged New Yorkers to be Air Quality Aware](#) to help protect public health. The Departments of Environmental Conservation (DEC) and Health (DOH) issue Air Quality Health Advisories when DEC meteorologists predict levels of ozone and fine particulate matter pollution are expected to exceed an Air Quality Index value of 100, and considered 'unhealthy for sensitive groups.' People, especially those with cardiovascular disease and those who have respiratory disease (such as asthma), young children, those who exercise outdoors, and those involved in vigorous outdoor work should consider limiting strenuous outdoor physical activity when ozone levels are highest (generally

afternoon to early evening). When outdoor levels of ozone are elevated, going indoors will usually reduce exposure. Individuals experiencing symptoms such as shortness of breath, chest pain, or coughing should consider consulting their personal physician.

1. The Departments of Environmental Conservation (DEC) and Health (DOH) issued an [Air Quality Health Advisory](#) for today, June 17, from 11 a.m. until 11 p.m. for ozone. The regions included in this Advisory are Eastern Lake Ontario and Western New York.
2. DEC encourages New Yorkers to [check airnow.gov for accurate information on air quality](#) forecasts and conditions. [Sign up to receive Air Quality Alerts](#) through DEC Delivers, visit [dec.ny.gov](#) for [updated forecasts](#) and information about [air quality index levels](#), and the [DOH website](#) for information on [health risks and precautions](#) related to air quality.

Visit NYS Pools and Beaches

Office of Parks, Recreation and Historic Preservation will open a number of beaches and pools ahead of schedule for mid-week hours next week as a way to help New Yorkers beat the heat. 24 Hours vary by park. View the [full list](#) of statewide swimming lakes, ocean beaches and pools for more information. Call ahead to confirm as hours are subject to change.

New York State Department of Environmental Conservation campgrounds and day use areas in the Adirondack and Catskill Parks also provide swimming opportunities. Lifeguards are at DEC's Lake George (Million Dollar) Beach and Hinckley Reservoir Day Use areas, and other day use areas provide unsupervised swimming opportunities. More information about campgrounds and day use areas can be found on [DEC's website](#).

The following parks will have beaches, pools or spray features available:

New York City

1. Marsha P. Johnson - Spray Features available M,T,W
2. Gantry Plaza - Spray Features available M,T,W
3. Roberto Clemente - Spray Features and Misterters available M,T,W
4. Denny Farrell Riverbank- Spray Features, indoor pool open M,T,W

Long Island

1. Jones Beach - Open M,T,W
2. Robert Moses - Open M,T,W
3. Hither Hills - Open M,T,W
4. Sunken Meadow - Open M,T,W

Hudson Valley

1. Lake Welch- Open M,T,W
2. Rockland Lake- Open W
3. Tallman Mountain- Open W
4. Bear Mountain - Open W
5. Tiorati Lake- Open W
6. Canopus- Open M,T,W

Capital Region

1. Taconic – Copake Falls Area- Open M,T,W
2. Lake Taghkanic - Open M,T,W
3. Grafton Lake - Open M,T,W
4. Moreau Lake - Open M,T,W
5. Thompson’s Lake - Open M,T,W

Southern Tier

1. Chenango Valley - Open M,T,W

Central New York

1. Filmore Glen - Open M,T,W
2. Green Lakes- Open M,T,W
3. Sandy Island- Open M,T,W

Mohawk Valley

1. Gilbert Lake – Open M,T,W
2. Glimmerglass – Open M,T,W
3. Verona Beach – Open M,T,W
4. Delta Lake – Open M,T,W

Finger Lakes

1. Seneca Lake Spray ground - Open M,T,W
2. Sampson – Open 7 days beginning Monday

Western New York

1. Woodlawn Beach- open M,T,W
2. Long Point - Open W

Extreme Heat Action Planning

1. Governor Hochul's 2022 State of the State directed DEC and the New York State Energy Research and Development Authority to develop a plan to coordinate interagency efforts and help mitigate local impacts of increasingly frequent and severe extreme heat events, and to ensure that priority assistance from interagency investments is allocated to disadvantaged communities on the frontline of heat exposure. More than 20 New York agencies and authorities worked together as part of the Extreme Heat Action Plan Working Group to advance strategies to help address the impacts of extreme heat on disadvantaged communities and other New Yorkers vulnerable to the effects of increasingly high temperatures driven by climate change. DEC and NYSERDA are finalizing the plan.

For further information on how to stay safe during periods of excessive heat, please visit the [New York State Department of Health](#) website or the [CDC website](#).

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