



Heat Forecast for June 17 – June 21

New York State is expected to receive historic heat for the upcoming week. Record temperatures are possible in Western, Central, Northern New York, and the Capital Region. Temperatures are likely to peak on Wednesday or Thursday but potentially lasting through Friday. Heat Index values (commonly referred to as “feels like” temperatures) are looking to approach the low to high 90’s by Monday before rising into the upper 90’s to mid 100’s by Tuesday and Wednesday. Temperatures will peak Wednesday and Thursday. Overnight temperatures will remain warm in the low to mid 70’s, not allowing much relief from the heat.

Anyone exposed to the heat is at risk for heat exhaustion or heat stroke. Side effects include dizziness, thirst, heavy sweating, confusion, nausea, weakness, and fainting. Heat stroke may also lead to death if left untreated. People without effective cooling are highly at risk, especially heat-sensitive groups like individuals who are children, elderly, pregnant, or have a chronic illness. People should strongly consider canceling outdoor activities, remain hydrated, stay in a cool place (including overnight), and check on your neighbors. If people have access to air conditioning, they should use it or they should find a location that does. You can locate a cooling center by going to the NYS Dept. of Health website at <https://www.health.ny.gov/environmental/weather/cooling/>

Other impacts may include:

- Poor air quality
- Increase in power outages as electrical demands may reach critical levels
- Increased demand on health systems due to more ER visits
- Most transportation and utilities sector employees

Cooling Centers: The following Counties have confirmed opening or the availability to open cooling centers.

Region I NYC/LI:

- New York City
- Nassau
- Suffolk

Region II EHV/Catskill

- Columbia
- Dutchess
- Greene
- Montgomery
- Orange
- Putnam
- Rockland
- Sullivan
- Ulster
- Westchester

Region III Capital District & North Country:

- Albany
- Clinton
- Essex
- Franklin
- Fulton
- Hamilton
- Montgomery
- Rensselaer
- Saratoga
- Schenectady
- Schoharie
- St. Lawrence
- Warren
- Washington

Region IV CNY:

- Broome
- Chenango
- Cortland
- Delaware
- Herkimer
- Jefferson
- Lewis
- Madison
- Oneida
- Onondaga
- Oswego
- Tioga
- Tompkins

Region V Finger Lakes & Western NY:

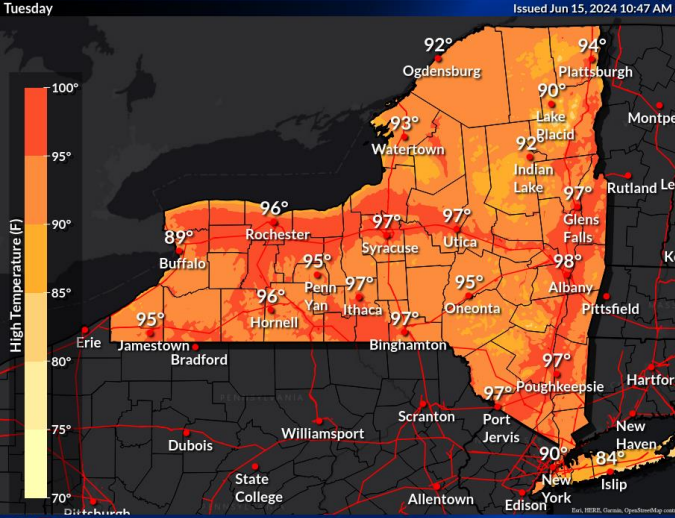
- Allegany
- Cattaraugus
- Cayuga
- Chautauqua
- Erie
- Genesee
- Livingston
- Monroe
- Niagara
- Orleans
- Seneca
- Steuben
- Wayne
- Wyoming
- Yates



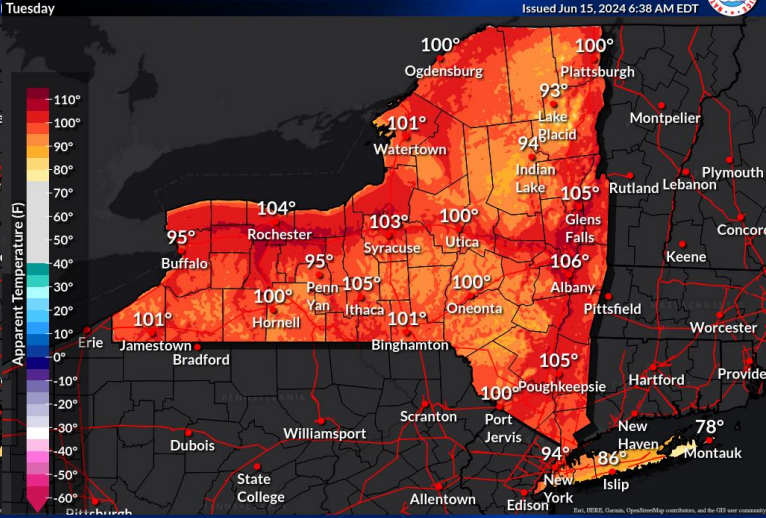
High Temp. (Tues. - Wed.)

Heat Index. (Tues. - Wed.)

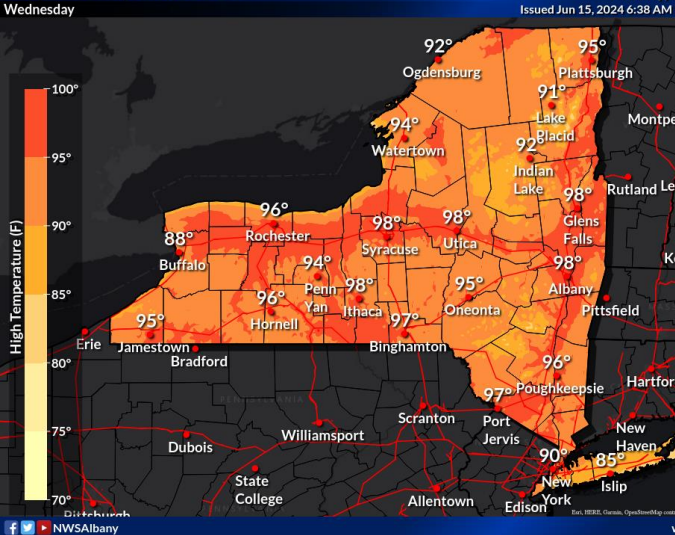
High Temperatures



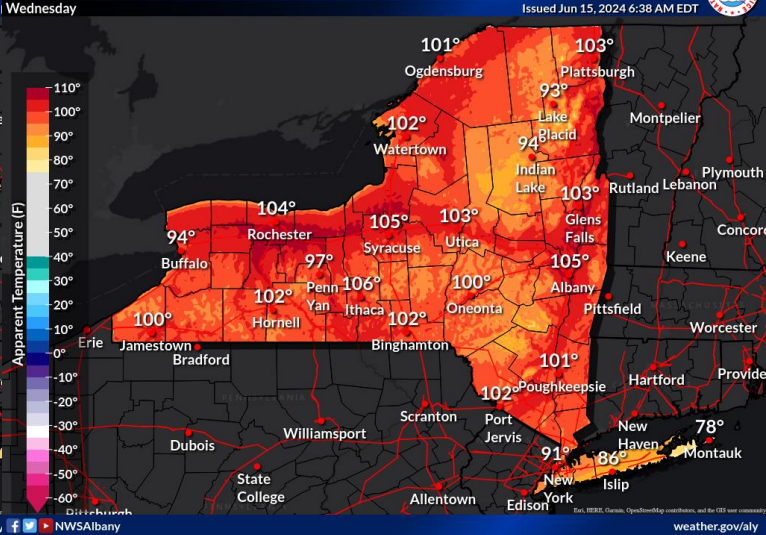
Maximum Apparent Temperature(Heat Index)



High Temperatures



Maximum Apparent Temperature(Heat Index)





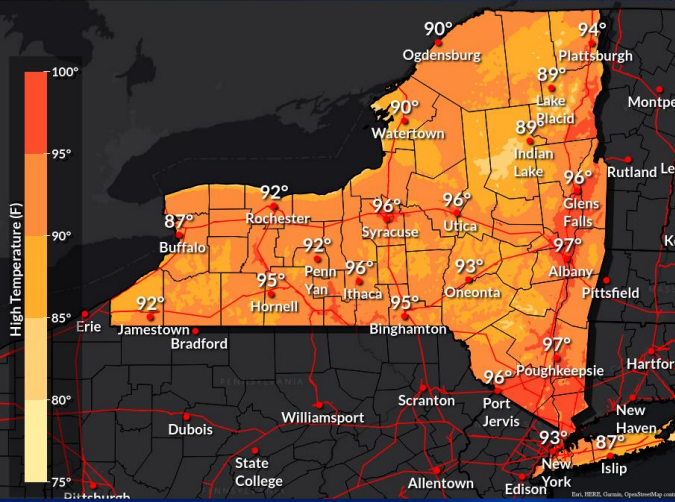
High Temp. (Thu. - Fri.)

Heat Index. (Thu. - Fri.)

High Temperatures

Thursday

Weather Forecast Office
Albany, NY
Issued Jun 15, 2024 6:38 AM

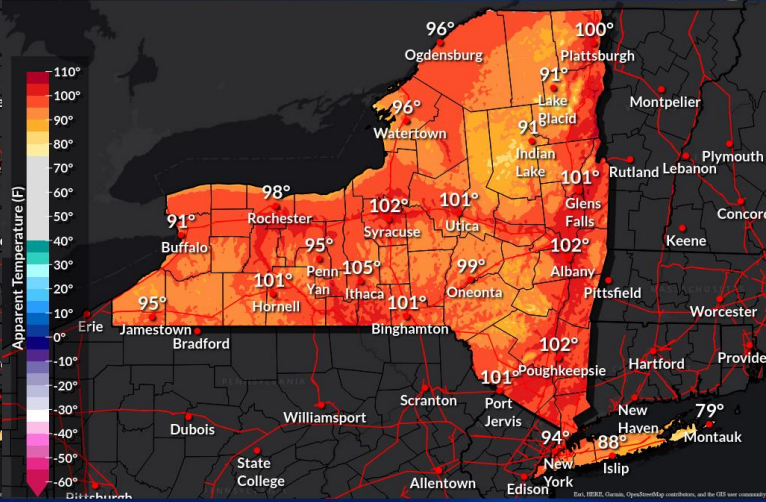


NWSAlbany

Maximum Apparent Temperature(Heat Index)

Thursday

Weather Forecast Office
Albany, NY
Issued Jun 15, 2024 6:38 AM EDT



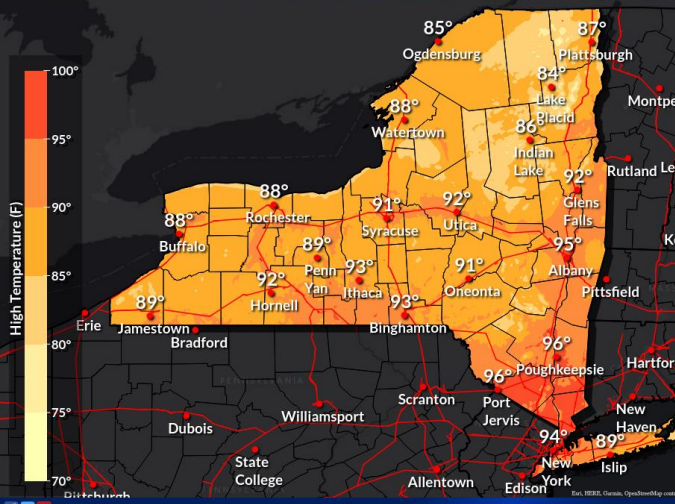
NWSAlbany

weather.gov/aly

High Temperatures

Friday

Weather Forecast Office
Albany, NY
Issued Jun 15, 2024 10:47 AM

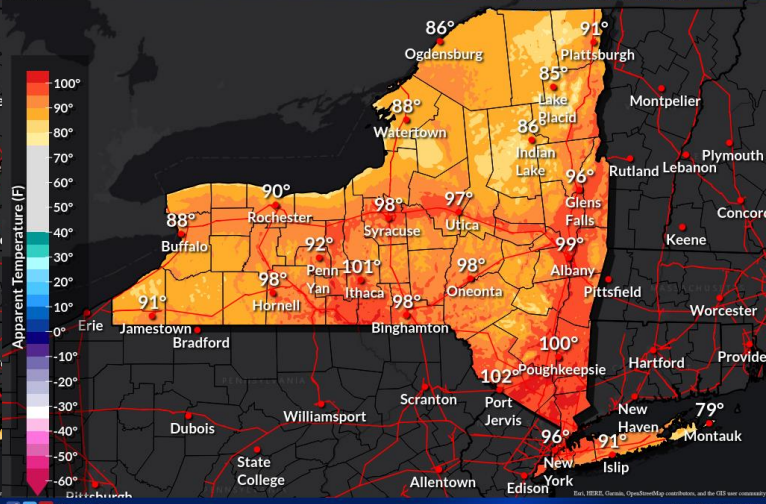


NWSAlbany

Maximum Apparent Temperature(Heat Index)

Friday

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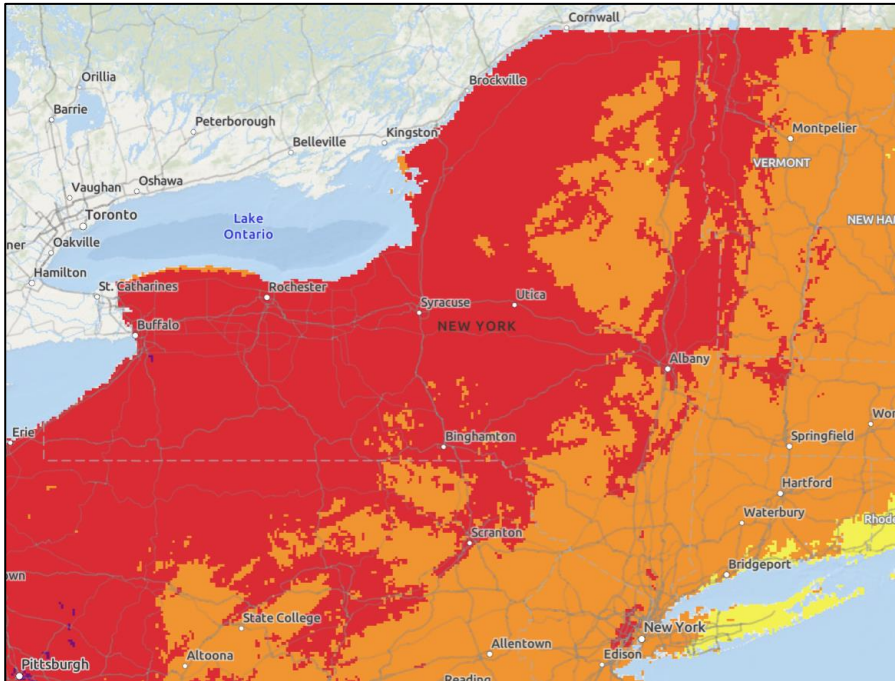


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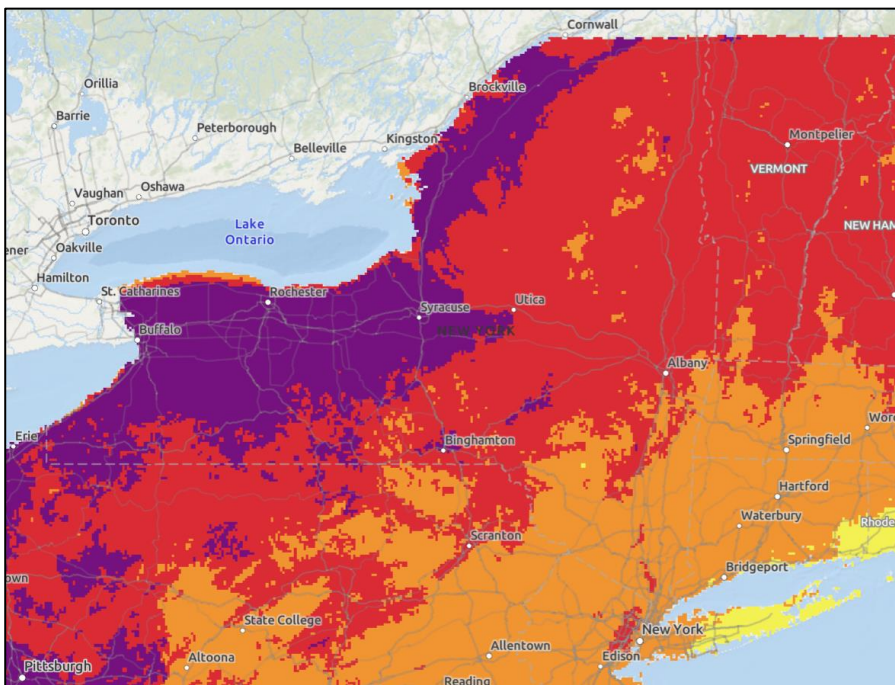
NWS HeatRisk

Tuesday, June 18



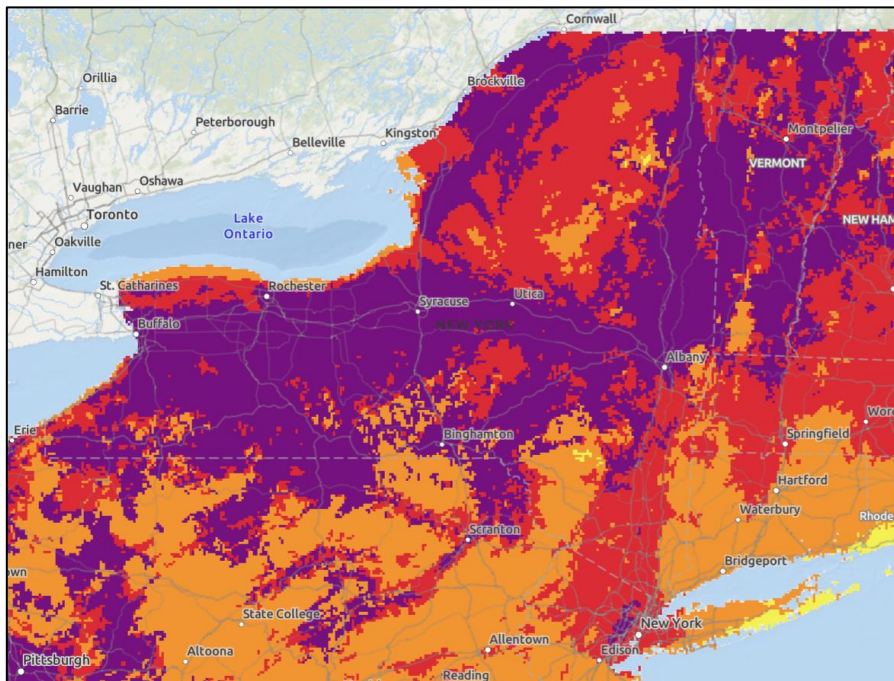
Category	Risk of Heat-Related Impacts
Green 0	Little to no risk from expected heat.
Yellow 1	Minor - This level of heat affects primarily those individuals extremely sensitive to heat, especially when outdoors without effective cooling and/or adequate hydration.
Orange 2	Moderate - This level of heat affects most individuals sensitive to heat, especially those without effective cooling and/or adequate hydration. Impacts possible in some health systems and in heat-sensitive industries.
Red 3	Major - This level of heat affects anyone without effective cooling and/or adequate hydration. Impacts likely in some health systems, heat-sensitive industries and infrastructure.
Magenta 4	Extreme - This level of rare and/or long-duration extreme heat with little to no overnight relief affects anyone without effective cooling and/or adequate hydration. Impacts likely in most health systems, heat-sensitive industries and infrastructure.

Wednesday, June 19



NWS HeatRisk

Thursday, June 20



Category	Risk of Heat-Related Impacts
Green 0	Little to no risk from expected heat.
Yellow 1	Minor - This level of heat affects primarily those individuals extremely sensitive to heat, especially when outdoors without effective cooling and/or adequate hydration.
Orange 2	Moderate - This level of heat affects most individuals sensitive to heat, especially those without effective cooling and/or adequate hydration. Impacts possible in some health systems and in heat-sensitive industries.
Red 3	Major - This level of heat affects anyone without effective cooling and/or adequate hydration. Impacts likely in some health systems, heat-sensitive industries and infrastructure.
Magenta 4	Extreme - This level of rare and/or long-duration extreme heat with little to no overnight relief affects anyone without effective cooling and/or adequate hydration. Impacts likely in most health systems, heat-sensitive industries and infrastructure.

Friday, June 21

