



Homeland Security and Emergency Services

Talking Points

Weather

Heat Risk Tool: <https://www.wpc.ncep.noaa.gov/heatrisk/>

- Extreme heat is the leading cause of weather-related fatalities in the United States.
- 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.
- This weather event may bring historic consecutive days of extreme heat to the I-90 corridor.
- 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.
- 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](#).

Safety Tips

- Stay hydrated! Water is preferred.
- Limit your outdoor activities and don’t exercise outside between 11 a.m. and 4 p.m.
- When working in the heat you should drink one cup (8 ounces) of water every 15 – 20 minutes. Even if you’re not thirsty, drink 24-32 ounces of water per hour.
- Wear light clothing and sunscreen.
- Stay cool by staying in the air-conditioning, if possible.
- If you don’t have access to air conditioning, it may be cooler outside in the shade.
- NEVER leave people or pets in a vehicle. The inside temperature of a car can quickly reach 120 degrees, even with the windows cracked.
- Do not rely on electric fans as your main source of cooling, although they may provide comfort, when temperatures rise above 90 degrees they do not prevent heat related illness.
- Check your local forecast and sign up for weather alerts that will come right to your phone at alert.ny.gov.

Important Links

- NYS Division of Homeland Security and Emergency Services - <https://www.dhSES.ny.gov/>
- NYS Department of Health – <https://www.health.ny.gov/>
- Cooling Center Locations - health.ny.gov/coolingcenters



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- Learn to recognize the signs of heat illness and exhaustion:
<https://www.health.ny.gov/environmental/emergency/weather/hot/>

Sample Social Media Posts

Stay safe during high heat by knowing the signs and ways to respond to heat exhaustion and heat stroke.

- Move to a cooler area.
- When working in the heat drink 24-32 ounces of water per hour.
- Wear light clothing & sunscreen.
- Call 9-1-1 for emergency medical care.

###

It's a hot one this week! Stay safe by following these simple heat safety tips:

- Check the forecast
- When working in the heat drink 24-32 oz of water an hour
- Limit your outdoor activities
- Wear light clothing & sunscreen
- Learn more: dhses.ny.gov/heat-safety-tips

###

Hot & humid conditions are expected statewide, it will feel like 100°F in some areas.

- Drink more water than normal, even if you're not thirsty.
- Find an air-conditioned space.
- Don't exercise outside between 11 AM to 4 PM.
- Safety tips: <http://on.ny.gov/44bZJie>

###

With hot and humid temperatures expected across the state this week, remember to:

- Stay cool - Find a cooling center near you: <http://bit.ly/3rmEBas>
- Stay hydrated – When working outside drink 24-32 oz of water an hour.
- Stay safe – Stay in the air conditioning, if possible.

###

Heat affects animals quickly, so make sure they are safe from extreme heat this week by:



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- 🐾 Limiting their exercise on hot days.
- 🐾 Providing them with ample shade & water.
- 🐾 NEVER leaving them in a parked vehicle.
- 🐾 Walking them in the grass to protect their paws.

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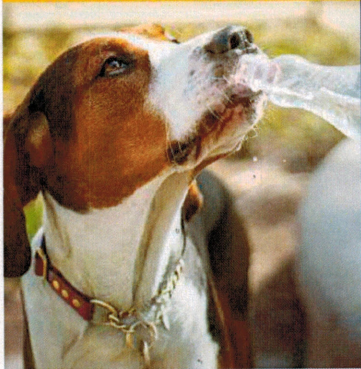
As temperatures rise, it's important to keep people who are at higher risk safe from extreme heat — specifically adults 60+, pregnant people, children & people with disabilities.

Make sure they drink plenty of water, even if they're not thirsty, & find an air-conditioned space.

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Sample Social Media Graphics

PET HEAT SAFETY



Did you know that animals can die of heatstroke within 15 minutes?

- **Never leave your pet in a parked car.**
The inside temperature of a car can quickly reach 120 degrees, even with the windows cracked open.
- **Limit exercise on hot days.**
Exercise your pet in the early morning or evening hours.
- **Walk your pet in the grass to avoid hot surfaces.**
Hot sidewalks and roads can burn your pets paws.
- **Provide ample shade and water.**
Dog houses do not provide relief from heat – tree shade and tarps will!

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Heat Exhaustion

- Move to a cooler area
- Drink water
- Use a cold compress
- Seek medical help if symptoms don't improve

Dizziness

Thirst

Heavy Sweating

Nausea

Weakness

Headache

Muscle Cramps



Heat Stroke

Confusion

Dizziness

Nausea

Rapid Pulse

Loss of Consciousness

• Call 9-1-1

- Move to a cooler area
- Cool skin with water or ice
- Do not give anything to drink

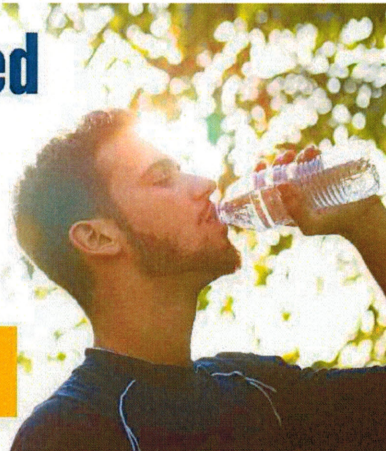
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Stay Hydrated

When working
in the heat,
drink **8 ounces**
of water every
15-20 minutes.



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Who is Most at Risk to Extreme Heat?

Some groups face a higher risk of heat-related illness than others, including:



- Pregnant People
- Children
- Adults 60+
- People who work outside
- First Responders
- People with Disabilities
- People with Chronic Health Conditions



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STAY COOL | STAY HYDRATED | STAY SAFE

#HeatSafety



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STAYING SAFE IN EXTREME HEAT

- Don't exercise outdoors from 11:00 a.m. to 4:00 p.m.
- When working in the heat, drink 24-32 ounces of water per hour.
- Wear light clothing and sunscreen.
- Keep children and pets inside in the air conditioning, if possible.
- Assist those who are at higher risk: Children, adults 60+ and pregnant women.

