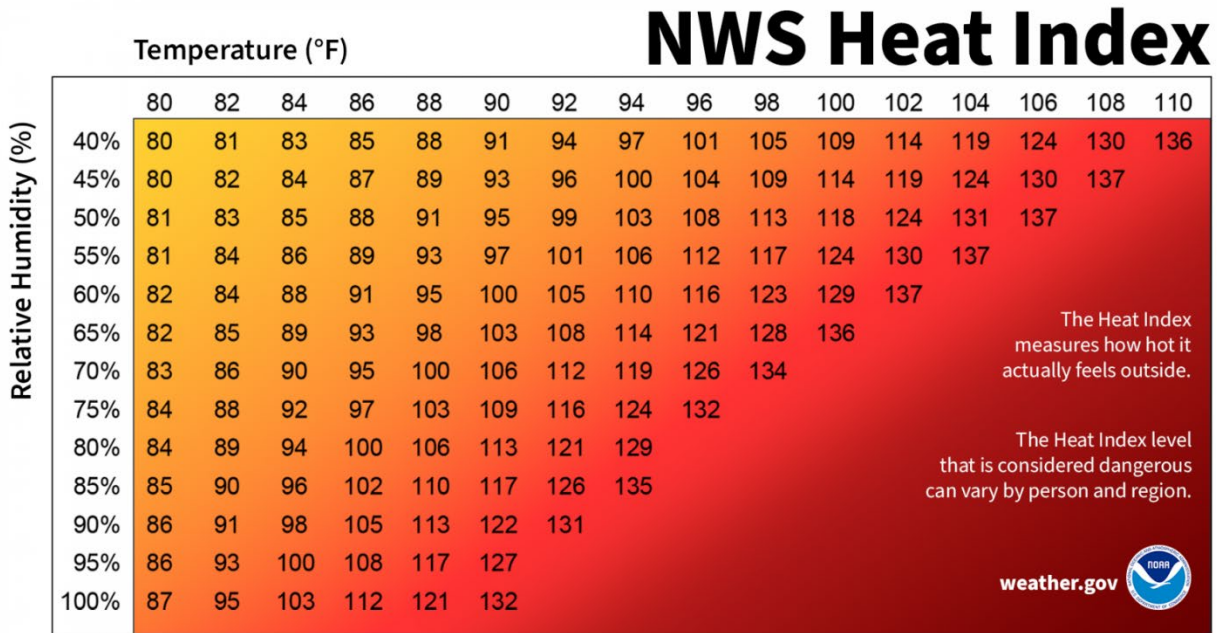


A Heat Advisory has been issued in the Hudson Valley from Wednesday, June 10, 2026, through Sunday, June 14, 2026. During this time, the temperature and heat index are forecasted to reach or exceed 100 degrees.



The Heat Index is a product of NOAA's National Weather Service (NWS).

Extreme heat is a significant health risk and can result in death if not properly planned for and appropriately mitigated. Health risks include dehydration, heat cramps, heat exhaustion, and heat stroke.



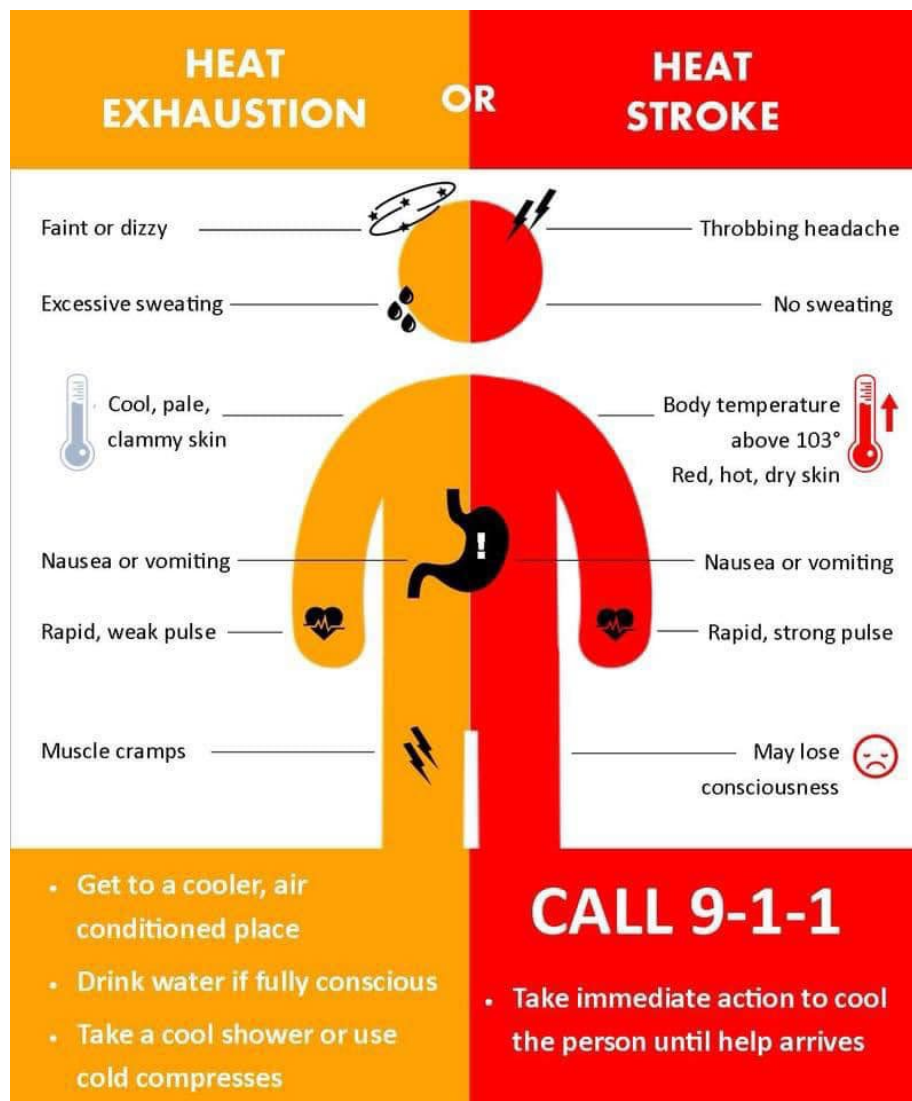
8 Tips to Prepare for the Heat:

- (1) Stay hydrated by drinking plenty of fluids, but avoid alcohol, caffeine and sugary drinks.
- (2) Reduce strenuous activities or reschedule to the coolest times of the day. Take frequent breaks to cool off and avoid over exertion.
- (3) High risk individuals should take special precautions and spend more time in air-conditioned places. Higher risk individuals include those with a prior heat injury, people aged 65 years and older, infants and children, pregnant women, and people with chronic medical conditions.
- (4) Dress for summer. Lightweight, light-colored clothing reflects heat and sunlight, and helps your body maintain normal temperatures.
- (5) Never leave persons, especially children, and pets in a closed, parked vehicle.

(6) Review any medications that may impact thermoregulation.

(7) Understand the early warning signs and symptoms of a heat injury.

(8) Apply sunscreen (SPF30 and higher) and avoid direct exposure to sunlight.



More information available at:

<https://www.health.ny.gov/environmental/emergency/weather/hot/>

<https://www.cdc.gov/niosh/heat-stress/about/illnesses.html>

UNDERSTANDING THE ALERTS:

Extreme Heat Watch—Be Prepared! An Extreme Heat Watch is issued when conditions are favorable for an extreme heat event but its occurrence and timing is still uncertain. Plan to suspend all major outdoor activities if a warning is issued. If you do not have air conditioning, locate the nearest cooling shelter or discuss staying with nearby family or friends who have air conditioning.

Heat Advisory—Take Action! A Heat Advisory is issued for dangerous heat conditions that are not expected to reach warning criteria. Consider postponing or rescheduling outdoor activities, especially during the heat of the day. If you must be outside, be sure to drink plenty of water and take frequent breaks in the shade. Stay in a cool place, especially during the heat of the day and evening.

Extreme Heat Warning—Take Action! An Extreme Heat Warning is issued when extremely dangerous heat conditions are expected or occurring. Avoid outdoor activities, especially during the heat of the day. If you must be outside, be sure to drink plenty of water and take frequent breaks in the shade. Stay indoors in an air-conditioned space as much as possible, including overnight. Check on family and neighbors.