

The National Weather Service has issued an “Extreme Heat Watch” for the Greater Hudson Valley area from Wednesday, July 1, 2026, through Friday, July 3, 2026. During this time, the temperature and heat index are forecasted to reach or exceed 100 degrees.

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.

The infographic is a vertical comparison chart. At the top, two colored boxes are separated by the word "OR". The left box is orange and labeled "HEAT EXHAUSTION". The right box is red and labeled "HEAT STROKE". Below these boxes is a central graphic of a human figure, also split vertically into orange and red halves. Various symptoms are listed on either side of the figure, connected by lines to icons. For Heat Exhaustion, symptoms include faint or dizzy (dizziness icon), excessive sweating (sweat drops icon), cool, pale, clammy skin (thermometer icon), nausea or vomiting (stomach icon), rapid, weak pulse (heart icon), and muscle cramps (muscle cramp icon). For Heat Stroke, symptoms include throbbing headache (headache icon), no sweating (no sweat icon), body temperature above 103° and red, hot, dry skin (thermometer icon), nausea or vomiting (stomach icon), rapid, strong pulse (heart icon), and may lose consciousness (sad face icon). At the bottom, two colored boxes provide treatment instructions. The orange box on the left lists: "Get to a cooler, air conditioned place", "Drink water if fully conscious", and "Take a cool shower or use cold compresses". The red box on the right features the text "CALL 9-1-1" in large white letters, followed by the instruction: "Take immediate action to cool the person until help arrives".

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness

HEAT EXHAUSTION

- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

HEAT STROKE

CALL 9-1-1

- Take immediate action to cool the person until help arrives

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.

NWS Heat Index

		Temperature (°F)															
		80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
Relative Humidity (%)	40%	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
	45%	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
	50%	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
	55%	81	84	86	89	93	97	101	106	112	117	124	130	137			
	60%	82	84	88	91	95	100	105	110	116	123	129	137				
	65%	82	85	89	93	98	103	108	114	121	128	136					
	70%	83	86	90	95	100	106	112	119	126	134						
	75%	84	88	92	97	103	109	116	124	132							
	80%	84	89	94	100	106	113	121	129								
	85%	85	90	96	102	110	117	126	135								
	90%	86	91	98	105	113	122	131									
	95%	86	93	100	108	117	127										
100%	87	95	103	112	121	132											

The Heat Index measures how hot it actually feels outside.

The Heat Index level that is considered dangerous can vary by person and region.

weather.gov 

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

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.