



University of Rochester

Date Issued: 6/29/2026

Time Issued: 10:33 a.m.

Dangerous Heat

Timing:

7:00 a.m. Tuesday, June , 2026 - 7:00 p.m. Friday July 3,2026

The Forecast:

Heat index values as high as 106 expected.

Hazards and Impacts:

- Hot temperatures and high humidity may cause heat related illnesses to occur especially for those who spend prolonged hours outside.

Personal Safety:

- Drink plenty of fluids, stay in an air-conditioned room, stay out of the sun, and check up on relatives and neighbors.
- Young children and pets should never be left unattended in vehicles under any circumstances. This is especially true during hot weather when car interiors can reach lethal temperatures in a matter of minutes.

Precautionary Actions:

- Take extra precautions if you work or spend time outside.
- When possible, reschedule strenuous activities to early morning or evening.
- Know the signs and symptoms of heat exhaustion and heat stroke.
- Wear lightweight and loose-fitting clothing when possible.
- To reduce risk during outdoor work, the Occupational Safety and Health Administration recommends scheduling frequent rest breaks in shaded or air-conditioned environments. Anyone overcome by heat should be moved to a cool and shaded location. Heat stroke is an emergency! Call 9 1 1.