

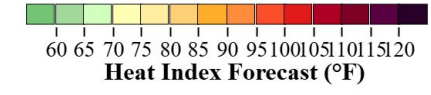
Dangerous Heat and Humidity Wednesday - Friday

July 1, 2026
4:07 AM EDT

No Relief at Night!

Heat Index (°F) Forecast

	7/1 Wed								7/2 Thu								7/3 Fri								HeatIndex
	6am	9am	12pm	3pm	6pm	9pm	12am	3am	6am	9am	12pm	3pm	6pm	9pm	12am	3am	6am	9am	12pm	3pm	6pm	9pm			
Albion	77	91	104	107	105	91	84	79	77	91	104	105	103	92	84	77	76	88	97	100	99	90	107		
Batavia	76	88	99	102	101	87	79	77	76	90	98	99	97	86	79	76	75	85	94	96	94	85	102		
Buffalo	76	83	88	88	89	78	78	75	75	83	88	88	89	79	77	74	73	78	87	89	87	78	89		
Canandaigua	79	93	101	105	103	92	86	82	79	93	101	103	100	90	85	78	78	89	95	97	95	88	105		
Dansville	76	90	101	104	103	91	78	76	75	91	101	103	101	90	82	76	76	88	97	99	97	88	104		
Dunkirk	76	85	89	93	93	85	84	79	76	86	89	92	94	85	79	76	75	83	90	92	91	85	94		
Fulton	75	92	101	106	105	92	79	76	76	92	103	104	102	90	79	76	74	84	92	95	93	84	106		
Jamestown	73	84	96	100	99	86	76	74	74	88	97	99	98	86	76	74	74	85	96	96	94	85	100		
Lockport	77	92	103	104	103	90	79	77	76	92	102	103	102	91	83	76	76	87	97	100	99	89	104		
Lowville	71	84	96	102	100	84	77	74	72	85	97	99	97	83	76	73	72	78	91	92	89	77	102		
Lyons	76	94	105	109	107	96	86	78	77	94	104	106	103	93	85	77	76	88	97	99	98	90	109		
Niagara Falls	76	90	100	101	101	90	79	76	75	90	98	101	100	92	83	76	75	85	95	98	98	90	101		
Olean	73	84	94	99	98	85	75	72	73	85	94	98	97	85	75	73	73	84	94	96	93	84	99		
Pulaski	73	87	94	100	100	85	75	75	74	88	96	99	98	84	76	73	72	77	87	90	89	78	100		
Rochester	77	90	104	107	105	95	87	83	78	91	105	106	103	94	87	79	78	88	97	101	100	93	107		
Sodus Point	76	86	85	87	87	88	84	78	77	88	88	87	89	88	84	78	76	76	78	78	82	82	89		
Springville	73	85	97	100	98	84	76	73	72	85	97	98	95	83	76	72	72	79	93	94	92	82	100		
Warsaw	75	87	97	100	99	87	78	76	74	87	96	97	96	85	78	75	74	84	92	94	92	84	100		
Watertown	74	85	92	100	99	87	78	76	74	88	92	98	96	85	77	74	73	78	88	91	89	79	100		
Wellsville	72	85	95	100	98	85	75	72	72	86	95	98	96	85	75	72	73	84	94	96	92	82	100		

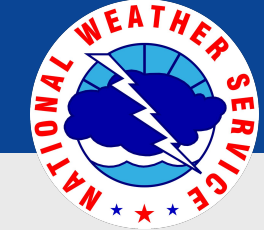


EXTREME HEAT
dangerous even after the sun goes down

Large cities often experience higher temperatures than surrounding areas because of all the heat-absorptive surfaces, such as dark pavement and buildings. This is known as *urban heat island*.

The upper floors of brick buildings are particularly susceptible to the dangers of extreme heat without air conditioning, because they retain heat after the sun goes down.

The strong influence of the urban heat island on nighttime temperatures limits the ability of people to cool down and recover before the heat of the next day.



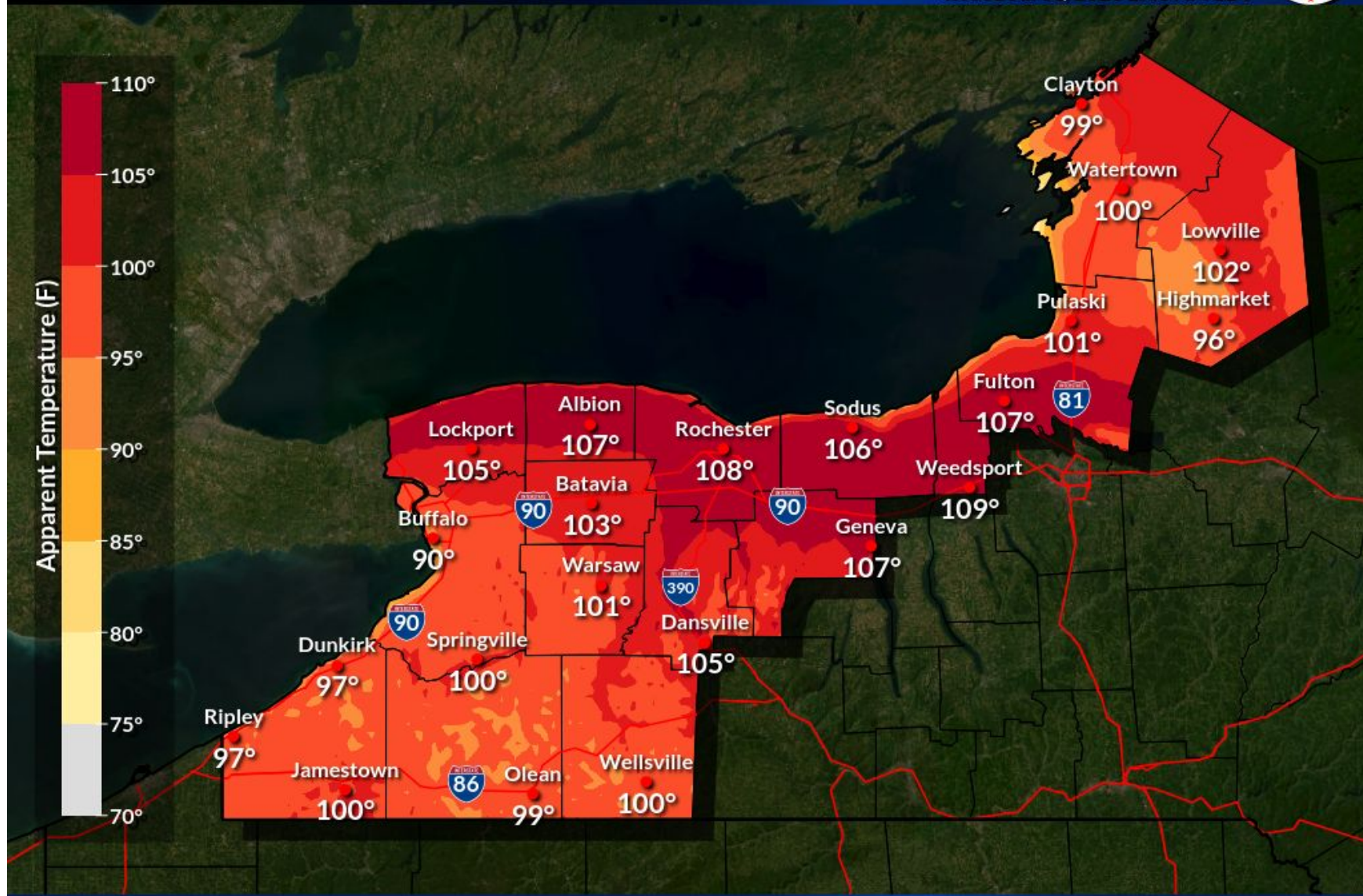
Dangerous Heat and Humidity

July 1, 2026
4:07 AM EDT

Long Duration Heat This Week

Maximum Heat Index Wednesday

Weather Forecast Office
Buffalo, NY
Issued Jul 01, 2026 2:46 AM EDT



NWSBuffalo

weather.gov/buf



National Oceanic and Atmospheric Administration
U.S. Department of Commerce

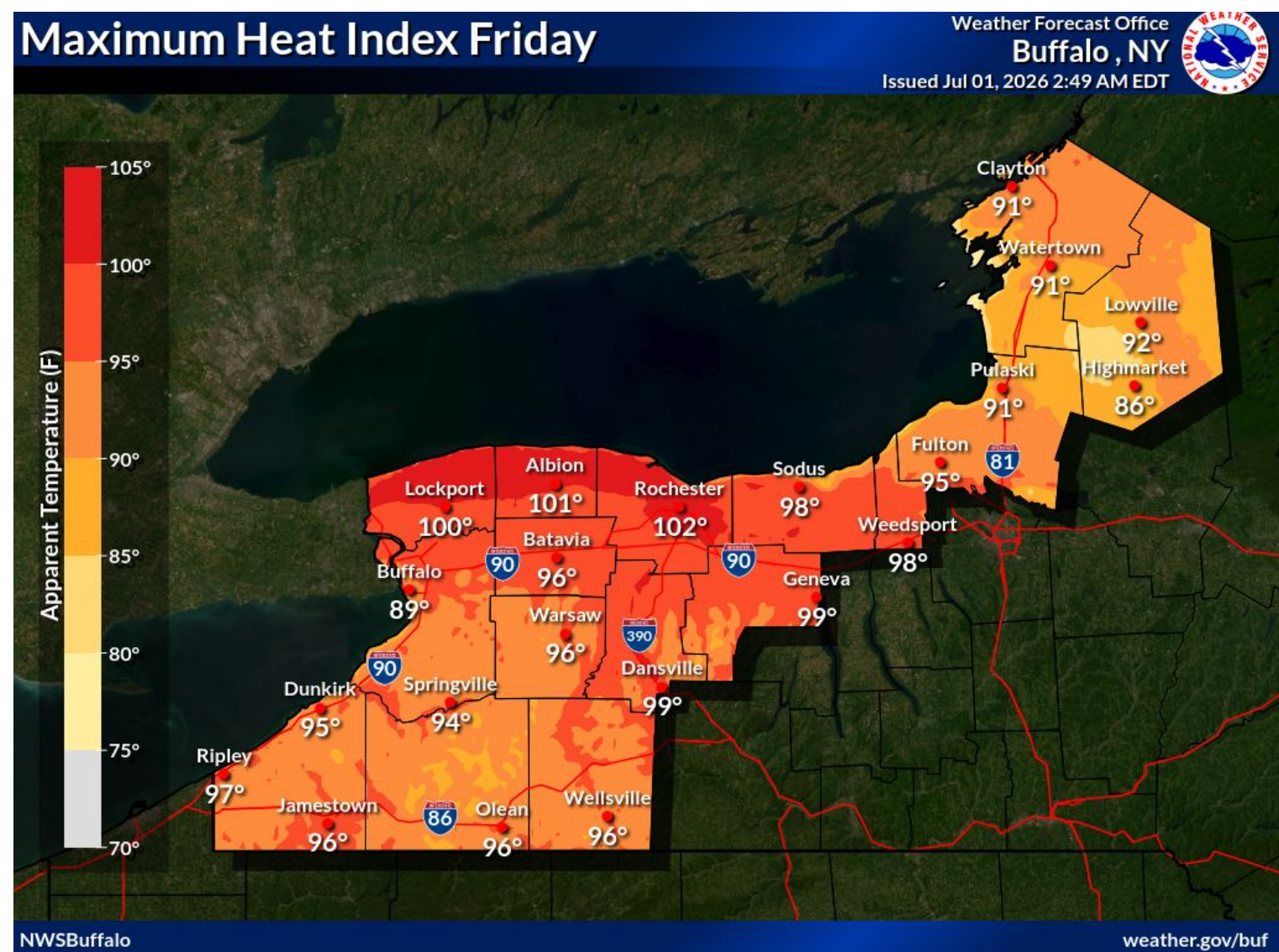
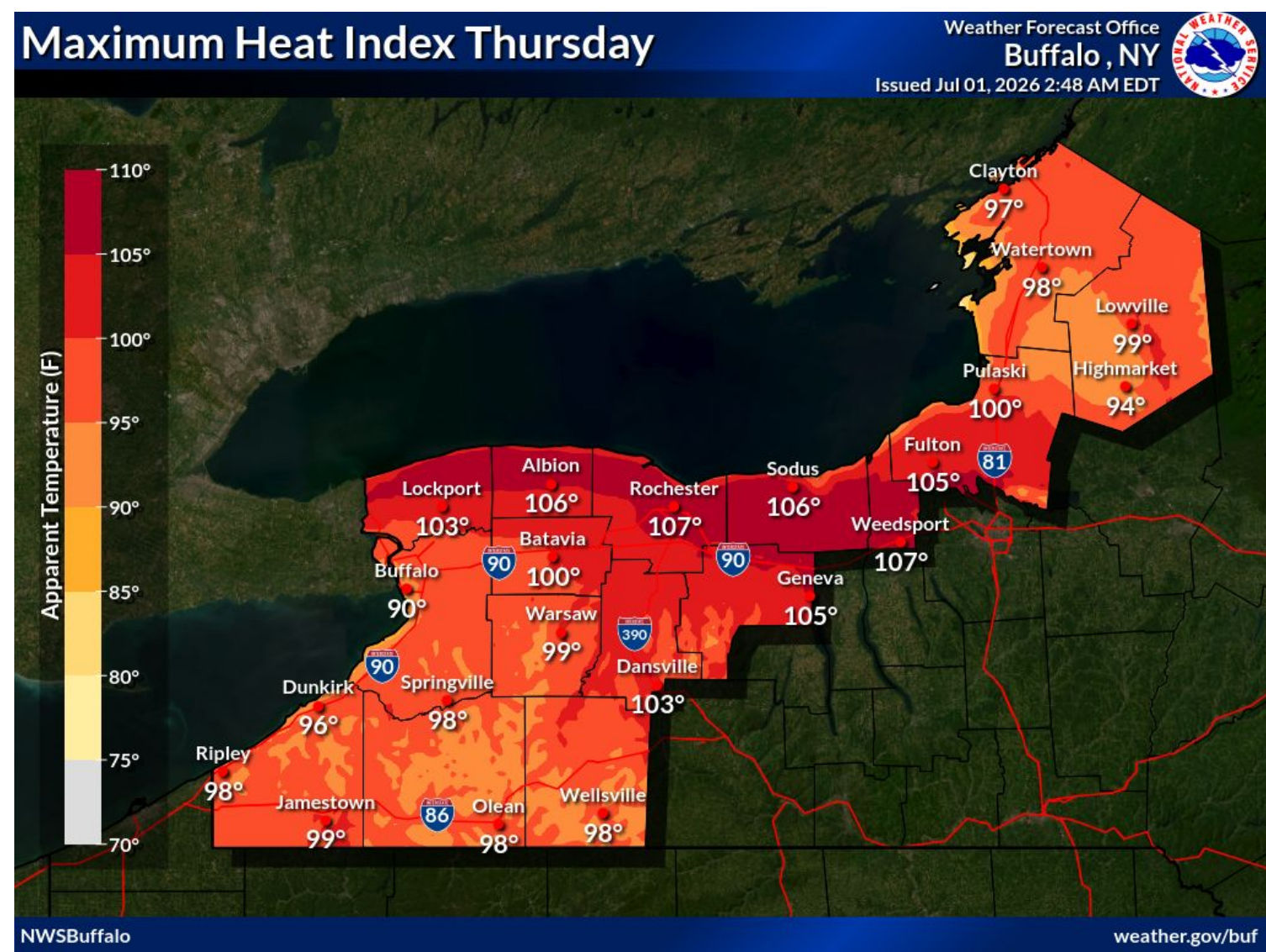
National Weather Service
Buffalo, NY



Dangerous Heat and Humidity

July 1, 2026
4:07 AM EDT

Long Duration Heat This Week



- Highest heat index values will be from noon through 8 PM each day
- Very warm and muggy conditions at night will offer little relief from the heat for vulnerable populations without access to air conditioning



During **Extreme Heat**



Find air conditioning.

Avoid strenuous activities.

Wear light clothing.

Check on family members and neighbors.

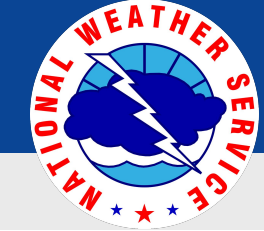
Drink plenty of water.

Watch for heat cramps - exhaustion - stroke.

Never leave people or pets in a closed car.



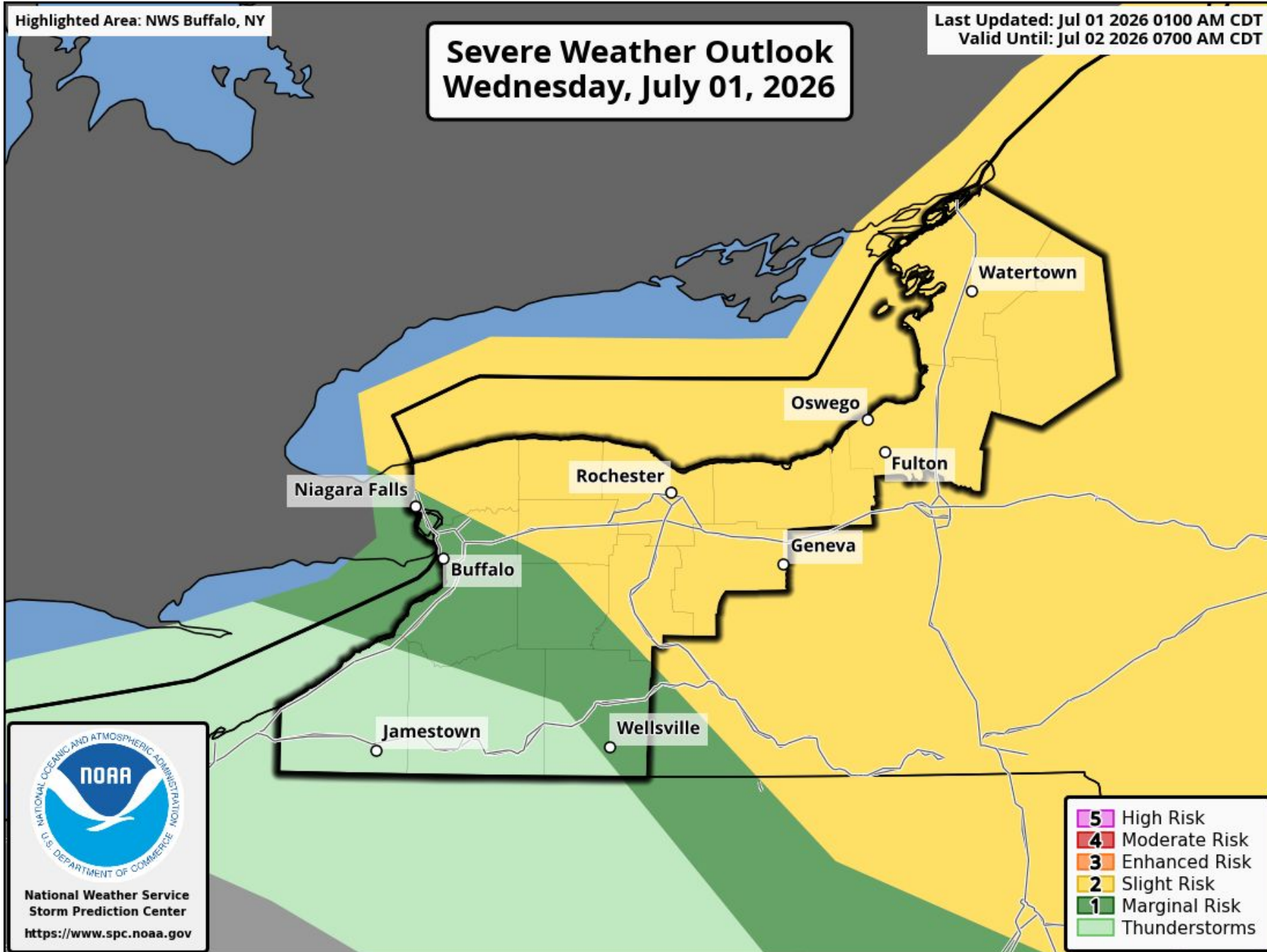
weather.gov/heat



Slight Risk for Severe Thunderstorms Today Through Tonight

July 1, 2026
4:07 AM EDT

Level 2 out of 5



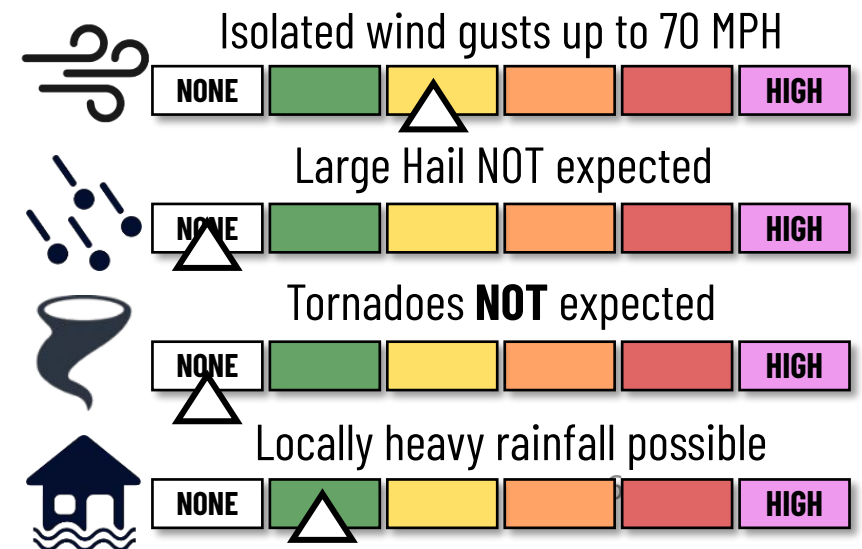
WHAT TO EXPECT

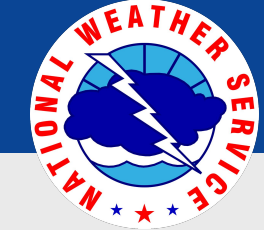
- Scattered strong to severe thunderstorms possible, main risk locally damaging winds
- **Timing:** Mainly this evening through tonight

HIGHEST LOCAL RISK

2 SCATTERED severe storms possible

THREAT LEVELS

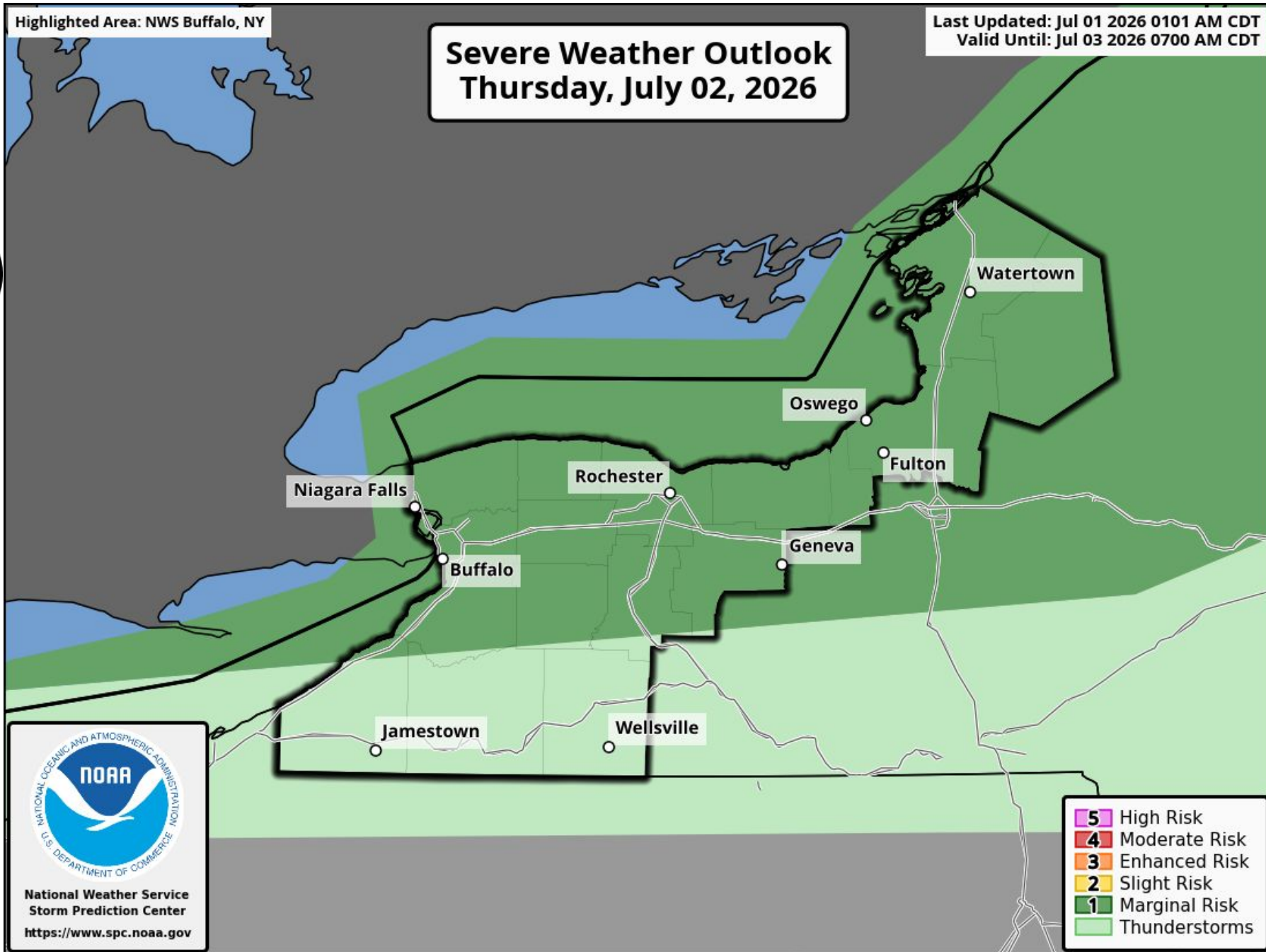
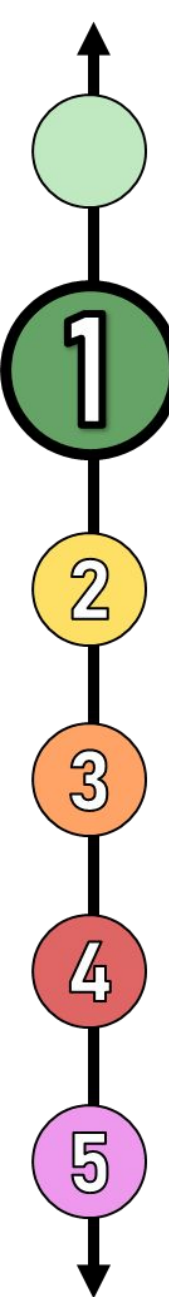




Marginal Risk for Severe Thunderstorms Thursday

July 1, 2026
4:07 AM EDT

Level 1 out of 5



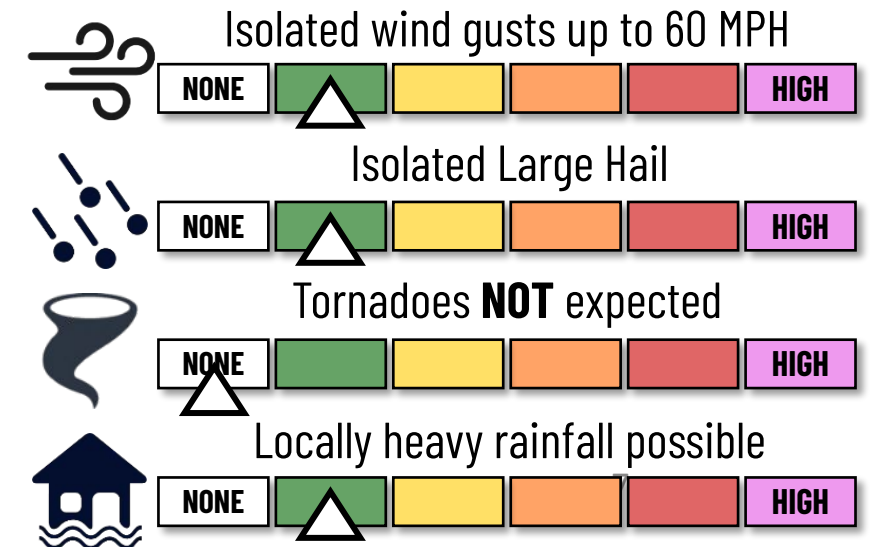
WHAT TO EXPECT

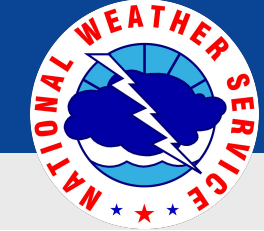
- Isolated to severe thunderstorms possible, main risk locally damaging winds
- **Timing:** Late Thursday afternoon and evening

HIGHEST LOCAL RISK

1 ISOLATED severe storms possible

THREAT LEVELS

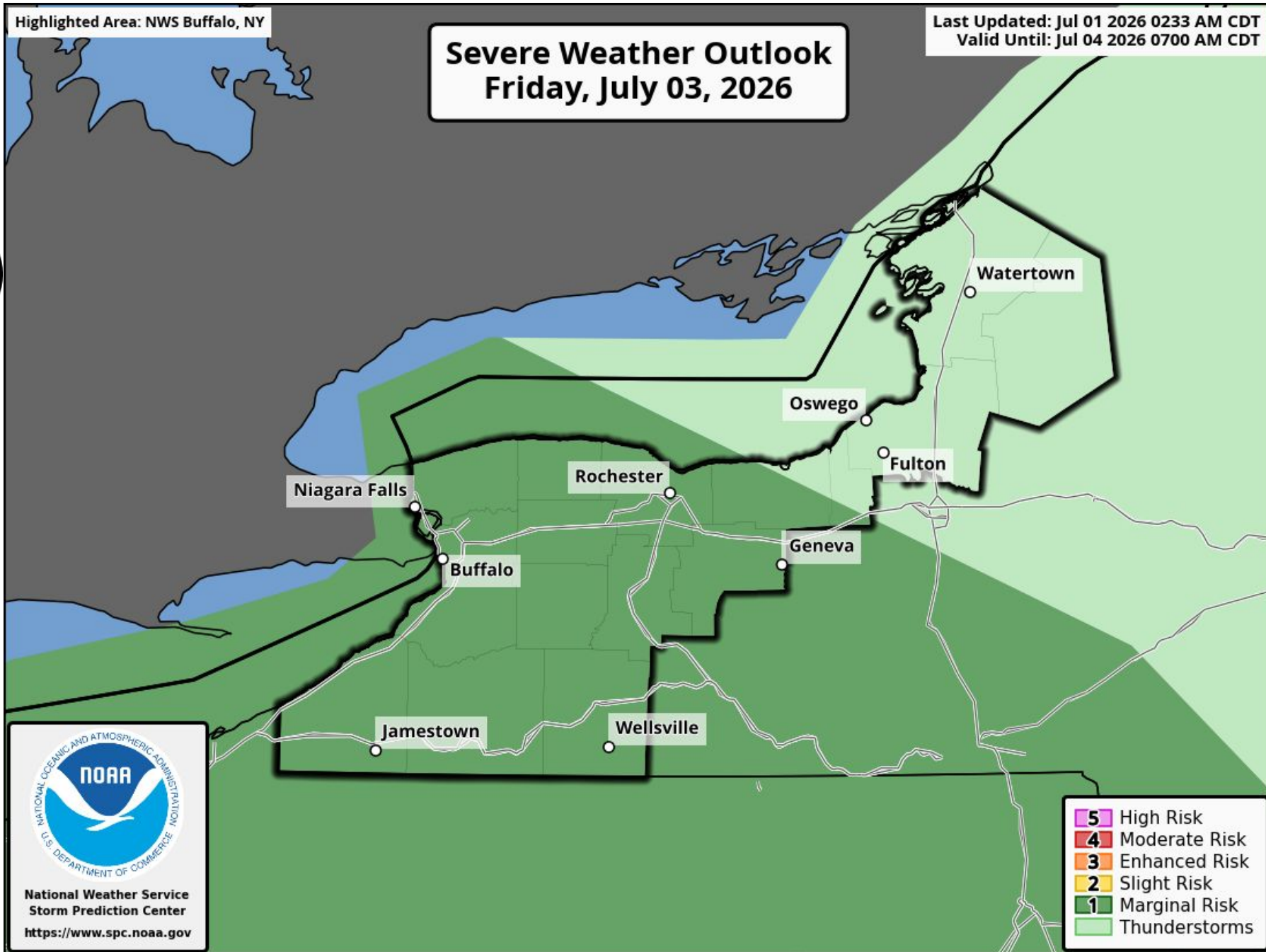
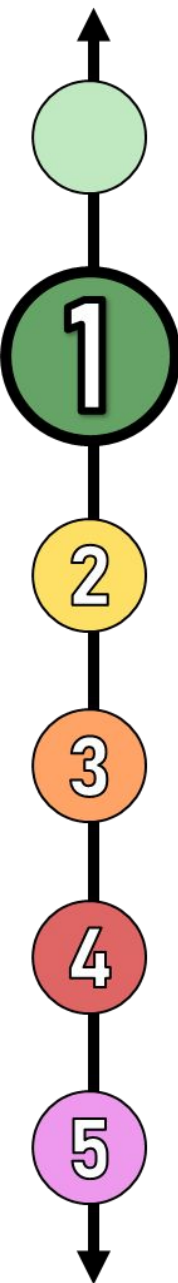




Marginal Risk for Severe Thunderstorms Friday

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Level 1 out of 5



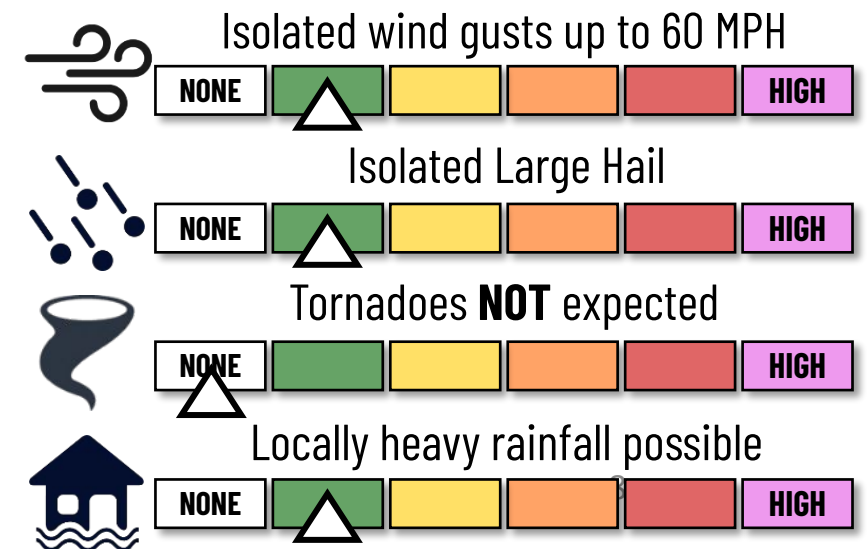
WHAT TO EXPECT

- Isolated to severe thunderstorms possible, main risk locally damaging winds
- **Timing:** Friday afternoon and evening

HIGHEST LOCAL RISK

1 ISOLATED severe storms possible

THREAT LEVELS



National Oceanic and Atmospheric Administration

U.S. Department of Commerce

National Weather Service
Buffalo, NY



Contact and Next Briefing Information

July 1, 2026
4:07 AM

For Western and North Central New York



Next Briefing

→ By 6 AM Thursday, July 2, 2026



Disclaimer

Information contained in this briefing is time-sensitive

→ Do Not Use After: 5 AM Thursday, July 2, 2026



Contact Information

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Phone

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Email

→ bufstorm.report@noaa.gov

Facebook

→ facebook.com/NWSBuffalo

Twitter

→ [@NWSBUFFALO](https://twitter.com/NWSBUFFALO)

