



# ONEIDA COUNTY HEALTH DEPARTMENT

ANTHONY J. PICENTE, JR  
ONEIDA COUNTY EXECUTIVE

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“PROMOTING & PROTECTING THE HEALTH OF ONEIDA COUNTY”

ONEIDACOUNTYNY.GOV/HEALTH

## News Release

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For Immediate Release

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## **Extreme Heat Forecasted for This Week** *Oneida County Health Department Offers Tips to Stay Safe*

This week is predicted to be very hot and humid with temperatures projected to be well into the 90s. Extreme heat poses health risks and it’s important to be prepared and take steps to avoid heat-related illnesses.

Extreme heat is the leading cause of weather-related deaths in New York State. The risk of heat-related illnesses this week ranges from moderate to extreme and dangerous for everyone. More information on risk can be found at: [New York State Department of Health’s \(NYSDOH\) Heat Risk and Illness Dashboard](#).

Extreme heat can trigger heat-related illness including heat cramps, heat exhaustion or heat stroke, which happen when the body is not able to properly cool itself. Heat cramps and heat exhaustion could require medical attention. Heat stroke is a serious medical emergency and 911 should be called right away.

Signs of heat related illnesses include hot, red skin, fast pulse, headache, dizziness, nausea, confusion, fatigue, losing consciousness/passing out. If someone you know is experiencing these symptoms try to get the person to a cooler place and seek medical attention.

“It is important to take extreme heat warnings seriously, as it can be extremely dangerous and deadly,” said Oneida County Executive Anthony J. Picente, Jr. “Take the necessary precautions to protect yourselves and please check on your family, friends, and neighbors”.

With higher outside temperatures, anyone can be at risk of overheating, getting dehydrated or suffering from a heat-related illness. Some people are at increased risk for heat-related illness, including children, older adults, and those with chronic health conditions. People who work outdoors, pregnant women, and people without air conditioning also have increased risk. Other factors that might increase the risk of developing a heat-related illness include obesity, prescription drug use, heart disease, mental illness, poor circulation, chronic disease, and alcohol use.

### Tips to avoid harm from the heat:

- Drink plenty of fluids to stay hydrated.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths.

#### ADMINISTRATION

ONEIDA COUNTY OFFICE BUILDING  
800 PARK AVE. UTICA, NY 13501  
TEL: (315) 798-6400 • FAX: (315) 266-6138

#### SPECIAL CHILDREN SERVICES

ONEIDA COUNTY OFFICE BUILDING  
800 PARK AVE. UTICA, NY 13501  
TEL: (315) 798-5249 • FAX: (315) 731-3491

#### ENVIRONMENTAL HEALTH

ONEIDA COUNTY OFFICE BUILDING  
800 PARK AVE. UTICA, NY 13501  
TEL: (315) 798-5064 • FAX: (315) 798-6486

#### CLINICAL SERVICES

ONEIDA COUNTY CLINIC BUILDING  
406 ELIZABETH ST. UTICA, NY 13501  
TEL: (315) 798-5747 • FAX: (315) 798-1057

- Try to keep your house cooler by covering windows with drapes or shades and avoid using the oven if possible.
- If available, use air conditioning, but do not rely on fans as primary cooling device as fans create air flow and a false sense of comfort, but do not reduce body temperature or prevent heat-related illnesses.
- If air conditioning is not available in your home, go to a cooling center. To find a cooling center near you, visit <https://oneidacountyny.gov/>.
- If you're outside, find shade. Wear a hat wide enough to protect your face.
- Avoid high-energy activities or work outdoors, during midday heat, if possible.
- Do not leave children or pets in vehicles with the air conditioning turned off. Temperatures inside a closed vehicle can reach over 140 degrees within minutes.
- Walk pets during cooler parts of the day and provide extra water throughout the day.

For more information about extreme heat and your health, visit

<https://oneidacountyny.gov/departments/health/programs-and-services/emergency-preparedness/extreme-heat/>  
or <https://www.health.ny.gov/environmental/emergency/weather/hot/>.