



Department of Public Health

Monroe County, New York

Adam J. Bello
County Executive

Marielena Vélez de Brown, MD, MPH
Acting Commissioner of Public Health

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MONROE COUNTY PUBLIC HEALTH DEPARTMENT URGES RESIDENTS TO PROTECT AGAINST EXTREME HEAT-RELATED ILLNESS

Heat wave expected to last for days

ROCHESTER, NY – As extreme heat descends on Monroe County, Acting Public Health Commissioner Dr. Marielena Vélez de Brown is urging residents to take steps to prevent heat-related illness.

“We are expecting the temperature and humidity to reach dangerous levels and stay there, especially on Wednesday and Thursday. This level of heat can affect everyone, so it is very important to know how to prevent, recognize and treat heat-related illness,” ***said Dr. Vélez de Brown.***

The Department of Public Health recommends the following:

- **Stay Hydrated:** Drink 2-4 glasses of water per hour, even if you are not thirsty. Avoid sugary drinks and alcohol.
- **Stay Cool:** If possible, stay inside with air conditioning. Fans may not cool you off when it is this hot. If you do not have air conditioning, seek out a library, R-Center or shopping mall. Even a few hours in a cool location can reduce your risk for illness.
- **If You Must Go Outside:** Limit strenuous activity. Wear light-colored, loose clothing and stay in the shade as much as possible. Drink lots of fluids and take regular breaks from any activity.
- **Know the Signs:** Symptoms of *heat exhaustion* include dizziness, weakness, irritability, muscle cramps, and/or nausea. Symptoms of *heat stroke* include confusion, blurred speech, loss of consciousness, hot/dry skin or excessive sweating, and/or seizures.

- **Know What to Do:** For heat exhaustion, move the person to a cool area, apply cool washcloths and provide cool water. For heat stroke, call 9-1-1 immediately. Move the person to a cool area and apply cold water and ice.

To learn more about extreme heat and access the CDC's Heat and Health Tracker, visit www.MonroeCounty.gov/Health.





111 Westfall Road • Room 950 • Rochester, New York 14620
(585) 753-2991 • fax: (585) 753-5115 • www.monroecounty.gov • e-mail: mhealth@monroecounty.gov