



Department of Public Health

Monroe County, New York

Adam J. Bello
County Executive

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

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

ROCHESTER, NY — With extreme heat expected in Monroe County next week, Monroe County Commissioner of Public Health Dr. Marielena Vélez de Brown is urging residents to take steps to prevent heat-related illness.

“Starting Sunday and lasting through at least the middle of next week, we expect dangerously high temperatures and humidity, with heat index values likely reaching well into the 90s or higher,” said Dr. Vélez de Brown. “Extreme heat can affect anyone, but it’s especially dangerous for older adults, young children and people with chronic health conditions. It’s important to take steps to stay cool and hydrated—and to check in on family, friends, and neighbors who may be more at risk for heat-related illness.”

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, alcohol and caffeinated beverages which tend to dehydrate.
- **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, municipal cooling 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 physical 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 to drink. For heat stroke, call 9-1-1 immediately. Move the person to a cool area and apply cold water and ice to the skin.

To learn more about extreme heat, visit monroecounty.gov/eh-climate.

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Media Contact:

Meaghan M. McDermott

Director of Community Engagement

MeaghanMcDermott@MonroeCounty.gov

(585) 753-5160