



# News Release

**GEORGE LATIMER, Westchester County Executive**

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**FOR IMMEDIATE RELEASE**  
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## **WESTCHESTER COUNTY ISSUES HEAT ADVISORY FOR WEDNESDAY, AUGUST 28 FROM 11 AM TO 8 PM**

(White Plains, NY) – The National Weather Service has issued a Heat Advisory in Westchester County for Wednesday, August 28 from 11 a.m. to 8 p.m. During this period, heat and humidity are expected to combine to make outdoor temperatures feel close to 101 degrees.

With heat, humidity and air quality in mind, the Westchester County Health Department reminds residents that these conditions pose significant health risks. To counter the effects, drink plenty of water, avoid strenuous outdoor activities, and check on vulnerable family members and neighbors.

Westchester County Commissioner of Health Dr. Sherlita Amler said: “A slower pace is best during a heat wave. Drink lots of water, be sure your pets have ample water and shade and don’t overexert yourself outdoors when it is so hot and humid. People who are most vulnerable to adverse effects from the heat include the very young, seniors, people who are obese and those with high blood pressure, heart disease, diabetes or lung conditions. Heat stroke and dehydration can surprise you. High humidity, chronic health conditions and some medications can also increase a person’s risk for heat stroke.”

Homes without air conditioning can be much hotter than outdoor temperatures. Use air conditioning to stay cool at home or go to an air conditioned place. If you don’t have home air conditioning, continue to seek out cool spaces each day as long as it remains hot. Check on vulnerable friends, family members and neighbors. When working outdoors, schedule frequent rest breaks in the shade or air-conditioning.

Amler said: “To avoid tragedy, never leave anyone or any pets in a closed car no matter how brief the time. Closed vehicles can quickly heat up to a life-threatening 140° F or more.”

Those who plan to travel by car should check their tire pressure, tread, coolant and fluids, bring a cell phone charger, spare tire and jack. If you plan to travel in less populated areas, bring water and an umbrella for shade if it becomes necessary to leave the car. Always keep air flowing throughout the vehicle, and try to park in the shade.

For relief from the heat, residents can cool off at a County beach or pool. Glen Island Beach in New Rochelle is open daily from 11 a.m. to 6:30 p.m. and Croton Point Beach in Croton-on-Hudson is open Wednesdays

through Sundays, 11 a.m. to 6:30 p.m. All four pools, Saxon Woods in White Plains, Sprain Ridge and Tibbetts in Yonkers and Willson's Waves in Mount Vernon are all open daily from 11 a.m. to 6:30 p.m. Last entry at all facilities is at 6 p.m. Proof of Westchester County residency is required at Glen Island Beach and all pools. Admission fees apply; parking fees apply at Glen Island, Croton and Tibbetts.

Residents who need a place to cool off also can check the [Cooling Center Finder](#). When it is too hot at home, senior centers, libraries, community centers and indoor malls offer a respite from the heat. Call before you go to be sure of the hours.

For more tips to prevent heat-related illness and places to stay cool, residents can visit the [Health Department website](#).

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