



**Kenneth W. Jenkins**  
Westchester County Executive

# News Release

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**FOR IMMEDIATE RELEASE**

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## **Westchester County Prepares for Upcoming Heat Wave**

*County Departments Mobilized to Ensure Public Safety*

**WHITE PLAINS, NY** –Westchester County is actively preparing for a prolonged heat wave expected to impact the region from Sunday, June 22, through Wednesday, June 25, 2025. County departments are coordinating efforts to protect residents and ensure continuity of services during this period of extreme heat.

The National Weather Service is forecasting dangerously high heat and humidity levels throughout the County. Heat indices are expected to range from 95°F to 107°F, with peak temperatures anticipated on Monday and Tuesday (105°F), and a slightly lower index of 99°F forecast for Wednesday.

With heat, humidity and air quality in mind, the Westchester County Health Department cautions residents to drink lots of water, avoid over-exertion and to check on vulnerable family, friends and neighbors.

Westchester County Health Commissioner Dr. Sherlita Amler said: “Please take this heat seriously. When it is this hot and humid, drink plenty of water, avoid alcohol, and take frequent breaks from outdoor work if it cannot be rescheduled. Take time to cool off and spend time in air-conditioned places. Infants, those with asthma, pregnant women, older adults and those with heart disease or other respiratory or heart conditions should spend less time outdoors until the air quality improves and the temperature cools. Be mindful of possible health effects such as coughing or shortness of breath.”

Amler also reminded residents to never leave children or pets in a closed car, where temperatures can soar to dangerous levels very quickly.

Those who lack air conditioning can visit a cooling center if their home becomes too warm. For locations, go to <https://www.health.ny.gov/environmental/weather/cooling/>

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