



# CITY OF WATERTOWN, NEW YORK

CITY HALL  
245 WASHINGTON STREET  
WATERTOWN, NEW YORK 13601-3380  
(315) 785-7730  
FAX (315) 782-9014

## **FOR IMMEDIATE RELEASE** **June 29, 2026** **HEAT SAFETY REMINDER**

The City of Watertown encourages residents to take precautions as hot temperatures and high humidity are expected over the coming days.

Heat and humidity can increase the risk of heat-related illnesses, especially for older adults, young children, people with chronic medical conditions, outdoor workers, and pets.

### **Stay Safe by Following These Tips:**

- Drink plenty of water, even if you don't feel thirsty.
- Limit strenuous outdoor activities during the hottest part of the day (typically 11:00 a.m. to 4:00 p.m.).
- Wear lightweight, light-colored clothing and take frequent breaks in the shade or air conditioning.
- Never leave children or pets unattended in a parked vehicle.
- Check on elderly family members, neighbors, and anyone who may not have air conditioning.

### **Know the Warning Signs**

Seek immediate medical attention if someone experiences:

- Confusion or loss of consciousness
- A body temperature above 103°F
- Hot, red skin with little or no sweating
- Rapid pulse

Early symptoms such as heavy sweating, dizziness, weakness, headache, nausea, or muscle cramps may be signs of heat exhaustion. Move to a cool place, drink water, and seek medical attention if symptoms worsen or do not improve.

Please continue to monitor local weather forecasts and take the necessary precautions to keep yourself, your family, and your neighbors safe during this period of high heat and humidity.

The City of Watertown thanks all residents for helping keep our community safe this summer.