

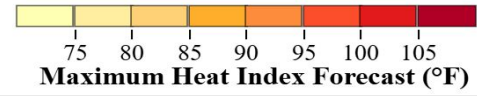
Dangerous Heat and Humidity Tuesday - Friday

June 30, 2026
2:58 AM EDT

No Relief at Night!

Maximum Heat Index (°F) Forecast

| | 6/30 Tue | | | 7/1 Wed | | | 7/2 Thu | | | 7/3 Fri | | | 7/4 Sat | HeatIndex Max | | | |
|---------------|-------------|------|-----|------------|-----|------|------------|------|-----|------------|-----|------|------------|---------------|------|-----|------|
| | 6am | 12pm | 6pm | 12am | 6am | 12pm | 6pm | 12am | 6am | 12pm | 6pm | 12am | 6am | | 12pm | 6pm | 12am |
| Albion | 92 | 100 | 100 | 79 | 99 | 105 | 103 | 78 | 98 | 104 | 100 | 82 | 94 | 99 | 97 | 75 | 105 |
| Batavia | 90 | 98 | 98 | 77 | 96 | 102 | 100 | 78 | 96 | 101 | 98 | 78 | 93 | 97 | 94 | 72 | 102 |
| Buffalo | 86 | 93 | 92 | 78 | 89 | 94 | 93 | 78 | 90 | 97 | 94 | 79 | 90 | 93 | 90 | 74 | 97 |
| Canandaigua | 86 | 98 | 97 | 77 | 96 | 105 | 102 | 79 | 96 | 102 | 99 | 79 | 93 | 97 | 94 | 76 | 105 |
| Dansville | 90 | 100 | 99 | 77 | 97 | 107 | 105 | 78 | 98 | 106 | 102 | 78 | 94 | 99 | 96 | 75 | 107 |
| Dunkirk | 89 | 93 | 92 | 78 | 89 | 93 | 93 | 76 | 94 | 96 | 95 | 77 | 91 | 95 | 95 | 74 | 96 |
| Fulton | 83 | 95 | 95 | 75 | 94 | 102 | 100 | 77 | 96 | 102 | 99 | 77 | 92 | 97 | 95 | 73 | 102 |
| Geneseo | 88 | 98 | 99 | 77 | 94 | 104 | 102 | 78 | 96 | 104 | 100 | 82 | 93 | 98 | 95 | 75 | 104 |
| Jamestown | 86 | 97 | 96 | 73 | 93 | 100 | 97 | 73 | 95 | 102 | 99 | 73 | 90 | 94 | 92 | 72 | 102 |
| Lockport | 90 | 98 | 98 | 78 | 98 | 102 | 101 | 78 | 96 | 102 | 101 | 79 | 93 | 97 | 95 | 75 | 102 |
| Lowville | 83 | 92 | 92 | 71 | 93 | 101 | 98 | 76 | 94 | 98 | 94 | 74 | 90 | 93 | 89 | 70 | 101 |
| Lyons | 88 | 99 | 98 | 77 | 97 | 105 | 102 | 79 | 97 | 105 | 102 | 83 | 93 | 98 | 96 | 76 | 105 |
| Niagara Falls | 89 | 98 | 98 | 79 | 97 | 102 | 100 | 78 | 96 | 103 | 101 | 83 | 93 | 97 | 95 | 75 | 103 |
| Olean | 86 | 94 | 94 | 72 | 89 | 98 | 96 | 72 | 91 | 99 | 96 | 73 | 89 | 93 | 91 | 71 | 99 |
| Pulaski | 84 | 95 | 95 | 73 | 89 | 98 | 98 | 76 | 94 | 102 | 99 | 74 | 87 | 95 | 92 | 71 | 102 |
| Rochester | 89 | 99 | 98 | 83 | 96 | 104 | 101 | 79 | 96 | 104 | 100 | 83 | 93 | 99 | 96 | 77 | 104 |
| Sodus Point | 84 | 86 | 92 | 84 | 91 | 90 | 94 | 83 | 93 | 92 | 94 | 83 | 83 | 76 | 84 | 75 | 94 |
| Springville | 87 | 98 | 97 | 75 | 94 | 101 | 98 | 75 | 95 | 101 | 96 | 75 | 90 | 94 | 91 | 71 | 101 |
| Warsaw | 88 | 97 | 97 | 76 | 94 | 102 | 100 | 77 | 95 | 102 | 98 | 78 | 91 | 96 | 93 | 72 | 102 |
| Watertown | 79 | 91 | 91 | 76 | 90 | 100 | 99 | 78 | 92 | 100 | 98 | 77 | 88 | 93 | 90 | 73 | 100 |
| Wellsville | 86 | 95 | 94 | 74 | 91 | 100 | 97 | 75 | 93 | 102 | 98 | 74 | 89 | 94 | 90 | 71 | 102 |



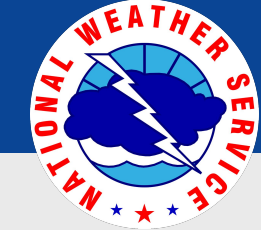
Large cities often experience higher temperatures than surrounding areas because of all the heat-absorptive surfaces, such as dark pavement and buildings. This is known as **urban heat island**.

The upper floors of brick buildings are particularly susceptible to the dangers of extreme heat without air conditioning, because they retain heat after the sun goes down.

The strong influence of the urban heat island on nighttime temperatures limits the ability of people to cool down and recover before the heat of the next day.

EXTREME HEAT

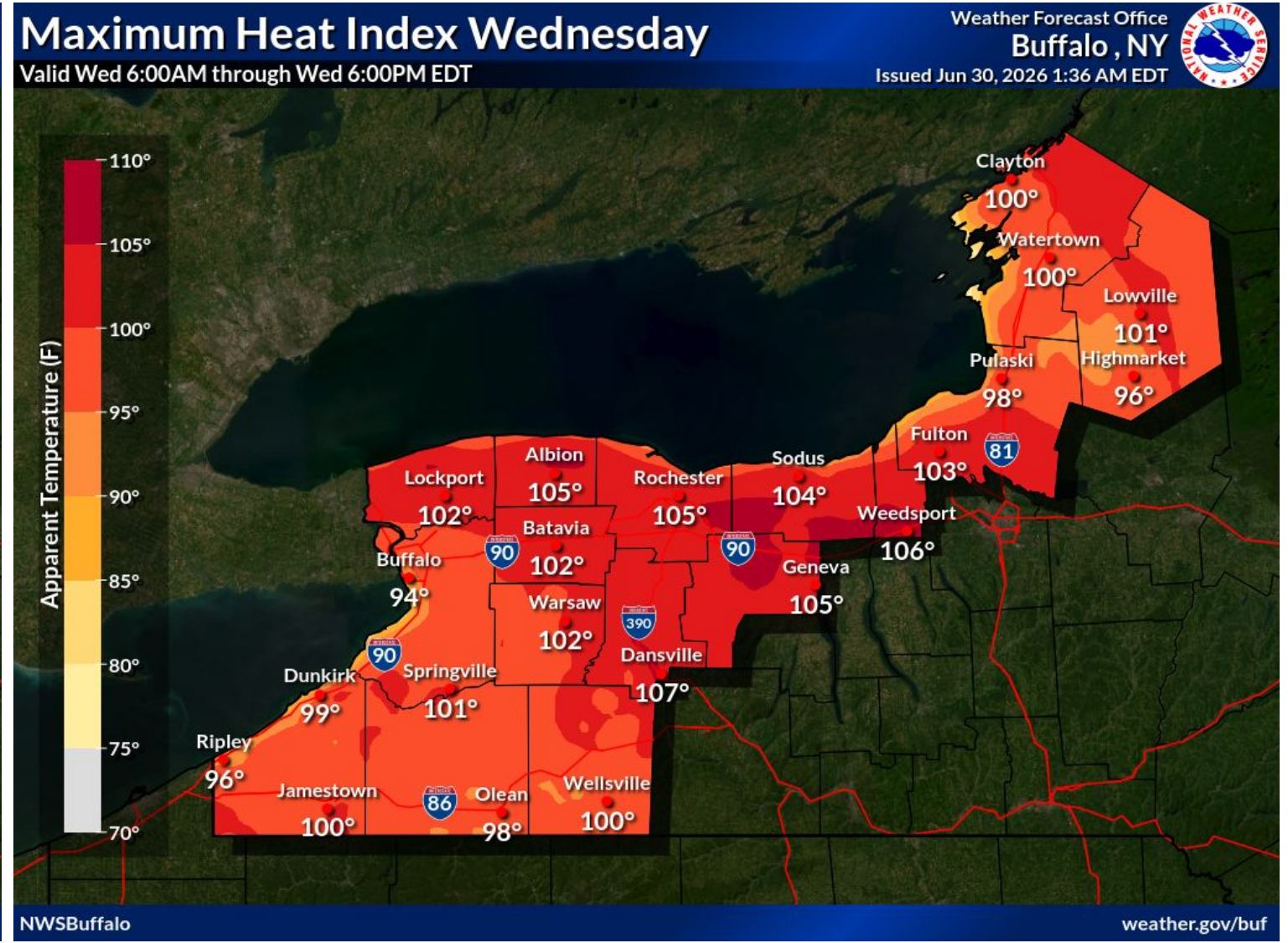
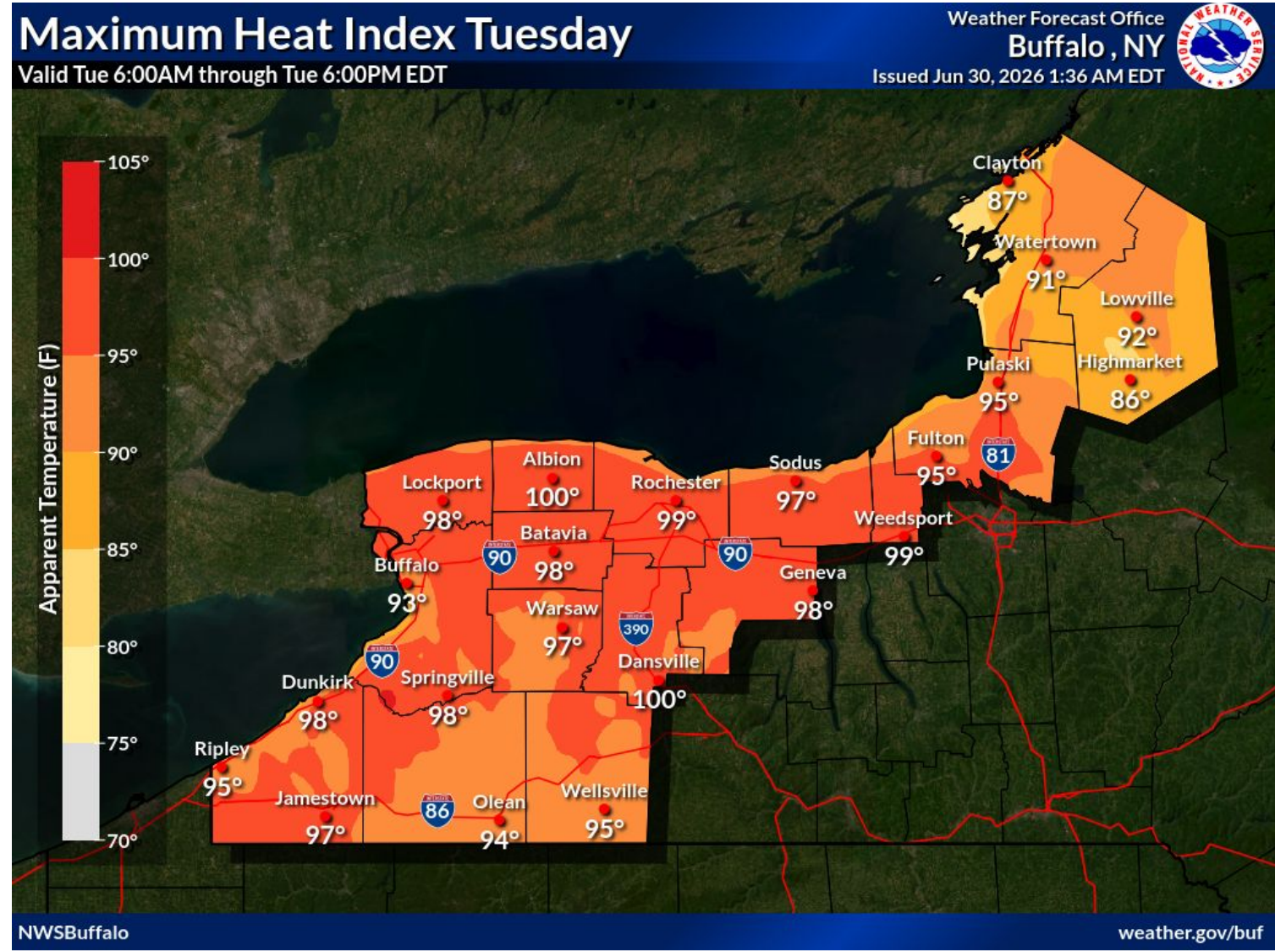
dangerous even after the sun goes down

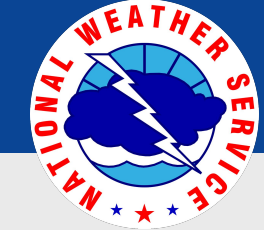


Dangerous Heat and Humidity

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Long Duration Heat This Week

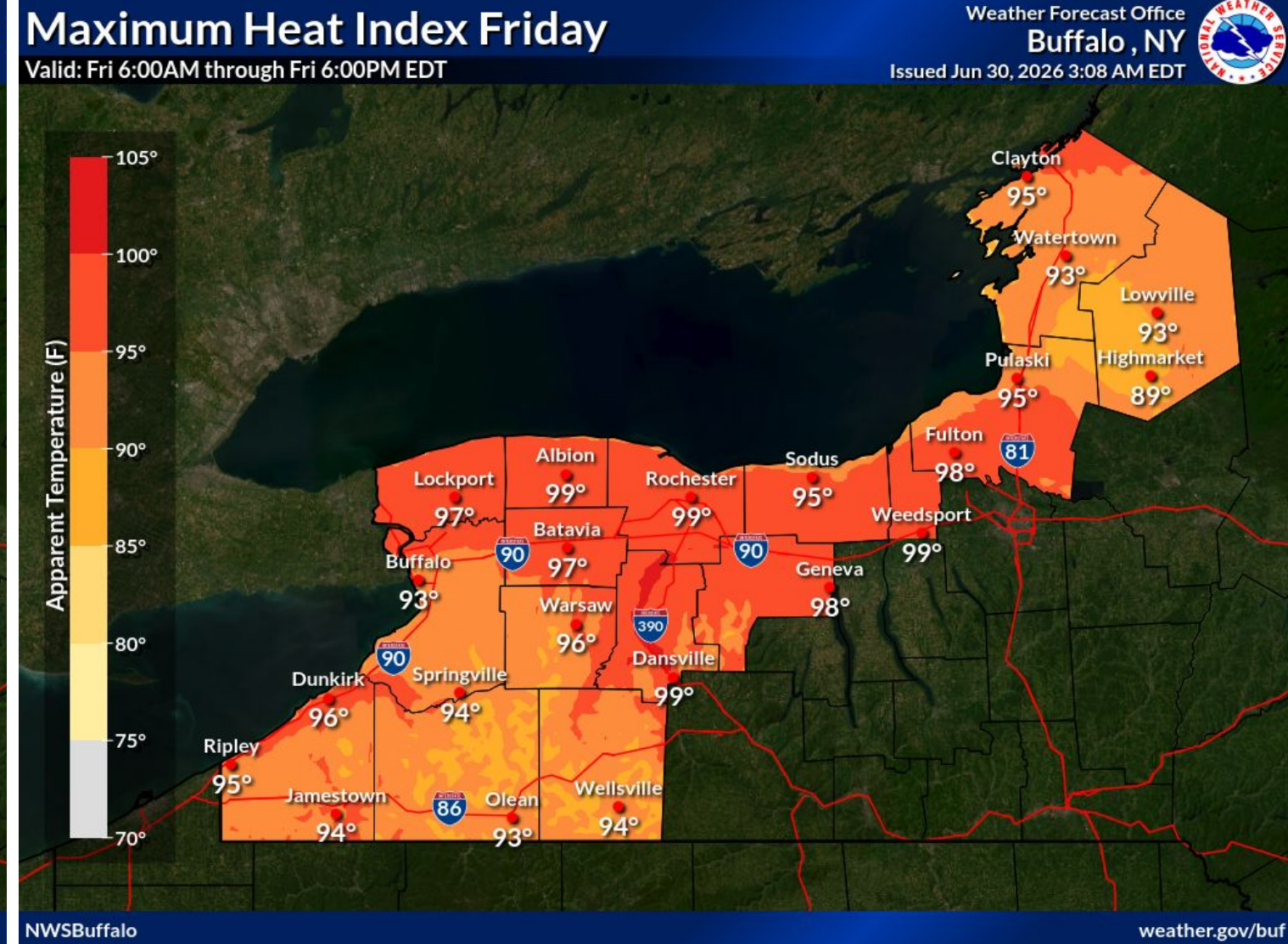
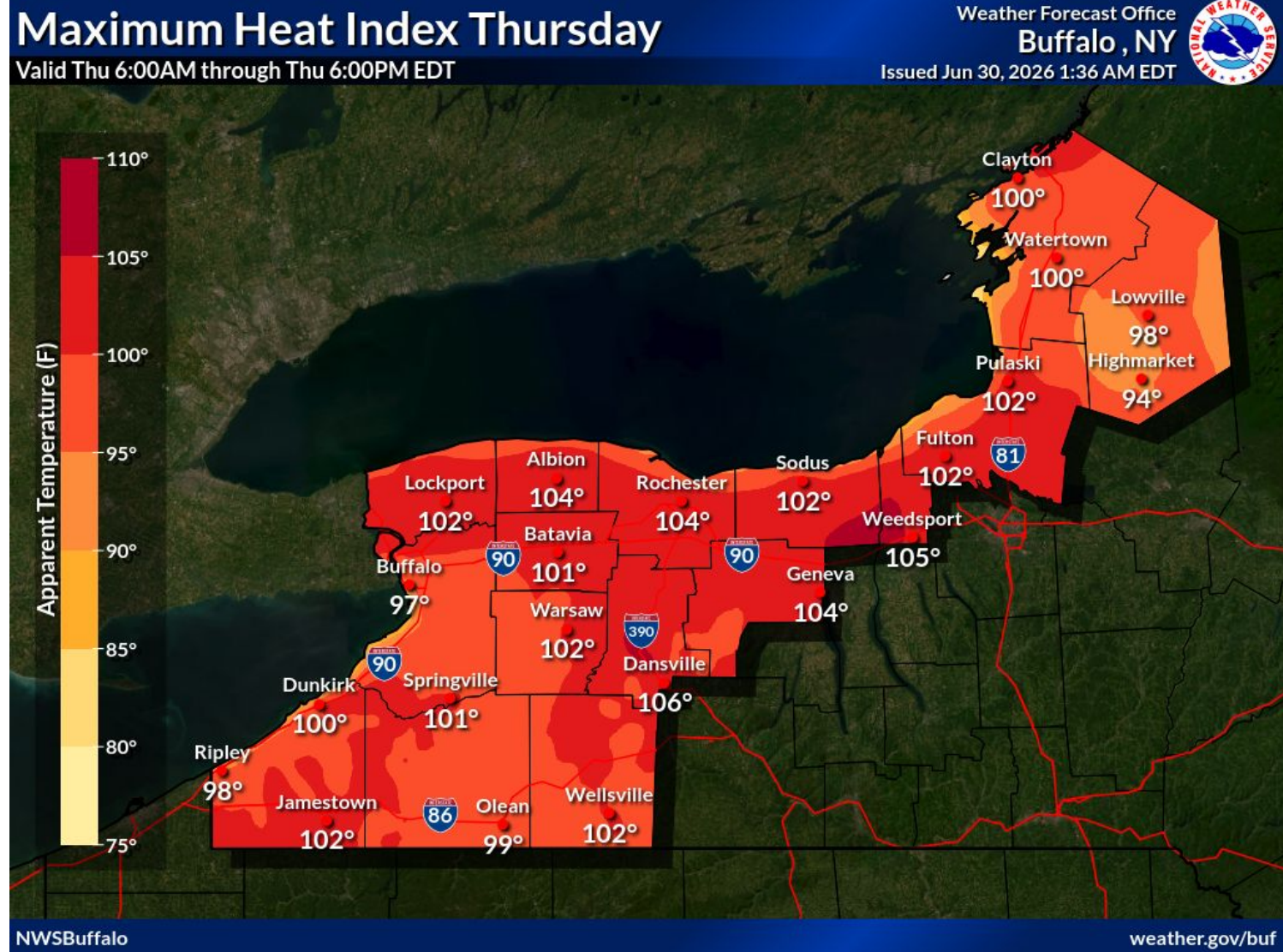




Dangerous Heat and Humidity

Long Duration Heat This Week

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During **Extreme Heat**



Find air conditioning.

Avoid strenuous activities.

Wear light clothing.

Check on family members and neighbors.

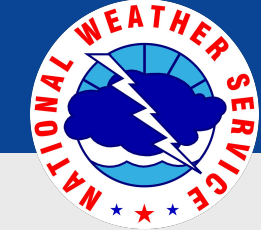
Drink plenty of water.

Watch for heat cramps - exhaustion - stroke.

Never leave people or pets in a closed car.

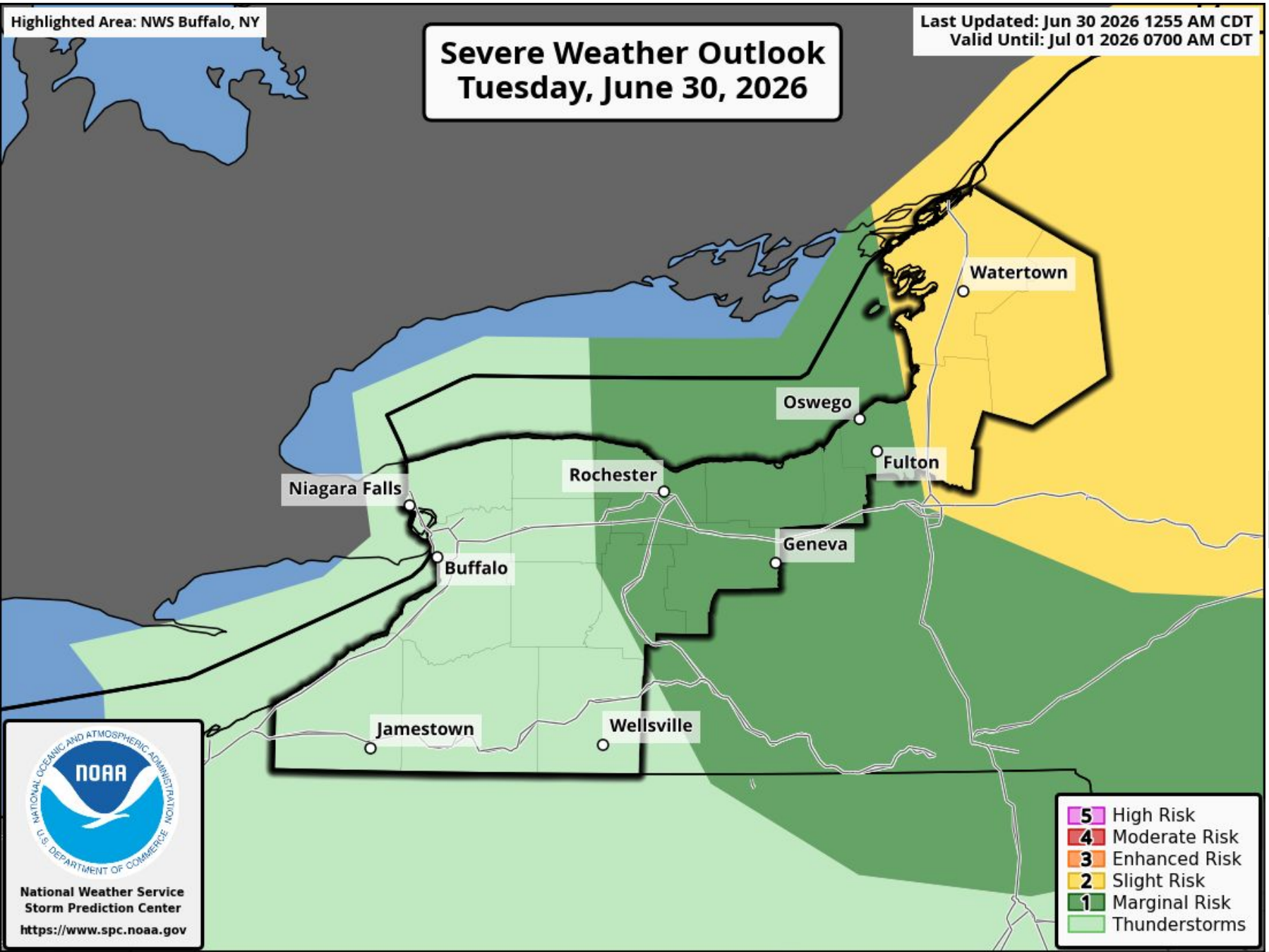
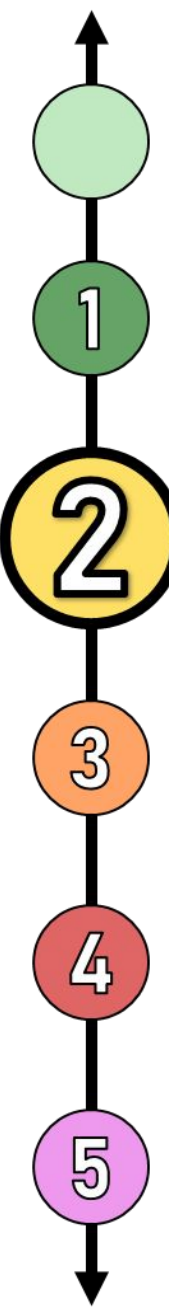


weather.gov/heat



Marginal/Slight Risk for Severe Thunderstorms Today/Tonight

June 30, 2026
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WHAT TO EXPECT

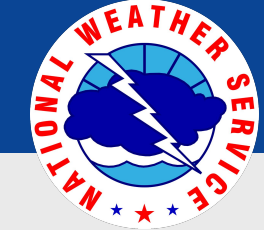
- A passing warm front may bring isolated to scattered severe thunderstorms
- **Timing:** mid-morning through evening

HIGHEST LOCAL RISK

2 SCATTERED severe storms possible

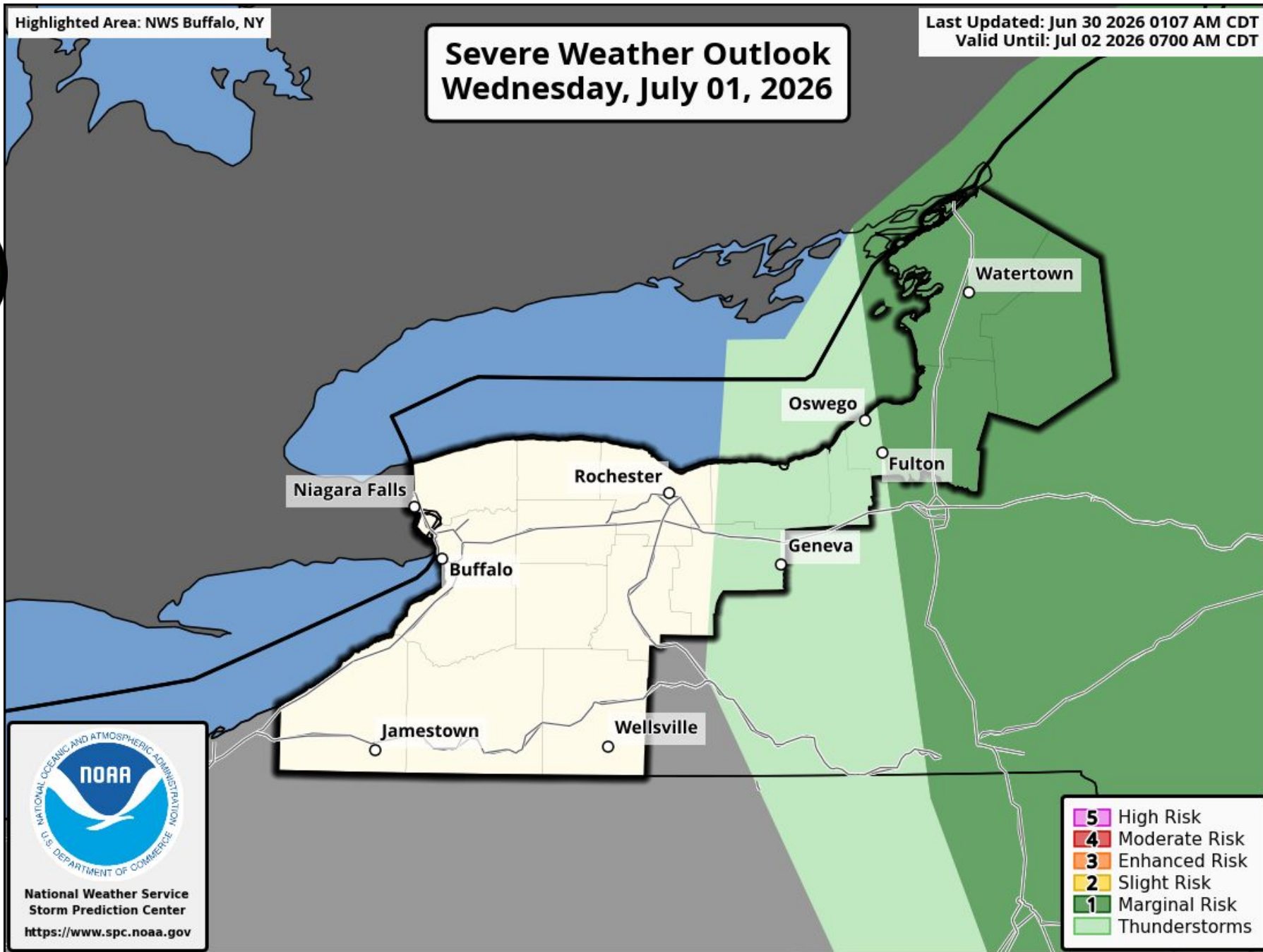
THREAT LEVELS

| | | | | | | | | |
|--|----------------------------------|------|--|---|--|--|--|------|
| | Isolated wind gusts up to 60 MPH | NONE | | ▲ | | | | HIGH |
| | Isolated Large Hail | NONE | | ▲ | | | | HIGH |
| | An Isolated Tornado possible | NONE | | ▲ | | | | HIGH |
| | Locally heavy rainfall possible | NONE | | ▲ | | | | HIGH |



Marginal Risk for Severe Thunderstorms Wednesday/Wednesday Night

June 30, 2026
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WHAT TO EXPECT

- Isolated strong to severe thunderstorms possible across the Eastern Lake Ontario region Wednesday
- **Timing:** late morning through evening

HIGHEST LOCAL RISK

1 ISOLATED severe storms possible

THREAT LEVELS

| | | | | | | | | |
|--|----------------------------------|------|--|--|--|--|--|------|
| | Isolated wind gusts up to 60 MPH | NONE | | | | | | HIGH |
| | Isolated Large Hail | NONE | | | | | | HIGH |
| | Tornadoes NOT expected | NONE | | | | | | HIGH |
| | Locally heavy rainfall possible | NONE | | | | | | HIGH |



Contact and Next Briefing Information

June 30, 2026
2:58 AM

For Western and North Central New York



Next Briefing

→ By 6 AM Wednesday, July 1, 2026



Disclaimer

Information contained in this briefing is time-sensitive

→ Do Not Use After: 6 AM Wednesday, July 1, 2026



Contact Information

Web

→ weather.gov/buf

Phone

→ (716) 565-0204

Email

→ bufstorm.report@noaa.gov

Facebook

→ facebook.com/NWSBuffalo

Twitter

→ [@NWSBUFFALO](https://twitter.com/NWSBUFFALO)

