



HEALTH ALERT

EXTREME COLD EVENT

January 22-25, 2025

Guidance for Hospitals, Diagnostic and Treatment Centers, Nursing Homes, Adult Care Facilities, Homecare, Hospice and Dialysis Centers

A winter weather event is expected to impact the state with snow and extremely cold temperatures starting Thursday, January 22nd, 2026 and continuing through the weekend and into next week.

Much of the State is currently under Winter Weather Advisories or Winter Storm Warnings, with additional Extreme Cold Watches in select areas. The latest information on active weather watches, warnings, and advisories can be found on the [National Weather Service Website](#) and entering your zip code on the top left of the screen.

In anticipation of this event, health and residential care providers are strongly encouraged to review the winter storm guidance previously distributed, (and your) facility emergency response plans, and ensure backup systems are functioning properly. Additionally, facilities should report any disruption of services or infrastructure to the Department's State Medical Operations Coordination Center.

KEY POINTS

- In the Western Region, 4-8" of snow is forecasted through Friday, with snowfall rates approaching 1" per hour; some areas may receive 12"-18" east of Lake Ontario. Extreme cold will arrive Friday through the weekend, with **forecasted wind chill forecasts 15 to 30 degrees below zero (-15 to -30)** overnight on Friday and Saturday night.
- For Central New York, Capital District and the upper Hudson Valley, snow is forecasted to fall overnight Wednesday into Thursday, with some areas receiving up to 9" making travel difficult. These areas are also forecasted to receive extremely cold temperatures, with **forecasted wind chill forecasts 20 to 35 degrees below zero (-20 to -35)** overnight on Friday and Saturday night.
- In the Lower Hudson Valley and NYC/Long Island region, heavy snow is expected Saturday through Monday with total accumulations between 6" and 12". The region will also experience temperatures with the wind chill below zero for several nights throughout the weekend and into next week.
- Temperatures as forecasted through the weekend can be dangerous for both patients and staff, but also for critical infrastructure. Exposure to extreme cold at these temperatures can cause frostbite in a little as 5-10 minutes; it is critical that staff and patients/residents who must go outside be properly clothed, including wearing multiple layers and covering as much exposed skin as possible. Additionally, these extreme temperatures can cause pipes to freeze and burst in unoccupied or below ground sections of a building or residence. Facilities are strongly encouraged to collaborate with physical plant staff to ensure temperatures in facilities are



maintained properly to ensure both the safety of residents, patients and staff as well as that of water pipes.

- Report disruption of services or infrastructure to the New York State Department of Health State Medical Operations Coordination Center at (917) 909-2676. Emergency requests for assistance should go through County Emergency Management Offices.