

NYS Regional Economic Development Regions	Cold Advisory	Extreme Cold Warning
Western NY	-15 degrees	-25 degrees
Finger Lakes	-15 degrees	-25 degrees
Southern Tier	-15 degrees	-25 degrees
Central NY	-15 degrees	-25 degrees
Mohawk Valley	-15 degrees Exception: Fulton and Northern Herkimer: -20 degrees	-25 degrees Exception: Fulton and Northern Herkimer: -30 degrees
North Country	-20 degrees	-30 degrees
Capital Region	-15 degrees Exception: Warren, Washington and Northern Saratoga: -20 degrees	-25 degrees Exception: Warren, Washington and Northern Saratoga: -30 degrees
Mid-Hudson	-10 degrees Exception: Sullivan and Western Ulster: -15 degrees	-20 degrees Exception: Sullivan and Western Ulster: -25 degrees
New York City	-5 degrees	-15 degrees
Long Island	-5 degrees	-15 degrees