OVERVIEW

- The hot weather will continue on Sunday, before falling back close to normal for Monday.

Graphic Created
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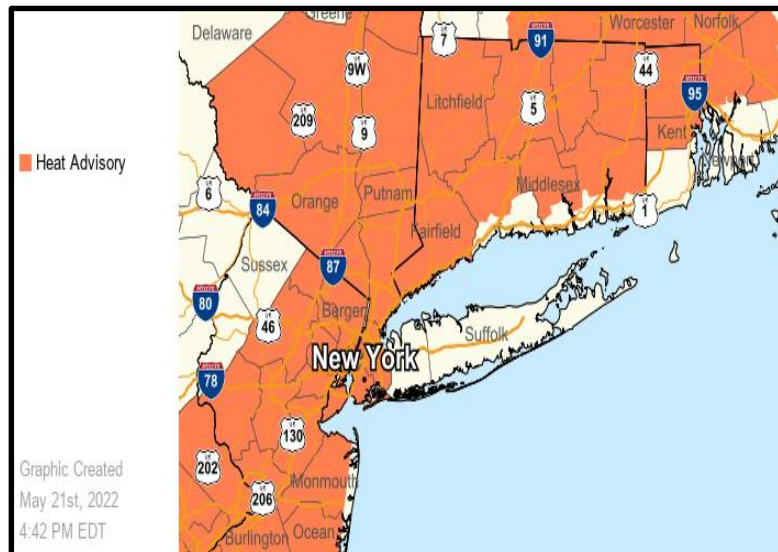
HAZARDS & IMPACTS

Heat –

- **Heat Advisory -** **Heat Indices in the mid to upper 90s for northeastern NJ, lower Hudson Valley, SW CT and interior SE CT.**
- Heat indices in the lower 90s for northern and western portions of NYC, and NW portions of Long Island.
- Heat indices in the 70s and 80s for south coastal areas.
- **Impacts** - After a cool Spring, there is an increased risk of heat-related illness for vulnerable populations through Sunday with this first heat event of the season.

Cold Water – Ocean and nearshore water temperatures are still in the 50s to near 60 degrees.

- **Impacts -** Physical incapacitation and hypothermia are likely in as little as 10 minutes if you fall in the water without cold water gear, greatly increasing the risk of drowning.

Rip Current Risk – Moderate to high rip current risk Sunday.

Scattered late day/evening thunderstorms – Sunday Late Afternoon into Evening, particularly for NYC Metro and points N &W. A few strong to severe storms are possible with large hail/damaging wind gust threat.

NWS ALERTS

- Heat Advisories remain in effect through Sunday for Northeastern NJ, the Lower Hudson Valley, Fairfield CT and the rest of interior S CT. The Heat Advisory for NYC remains in effect for this evening only.
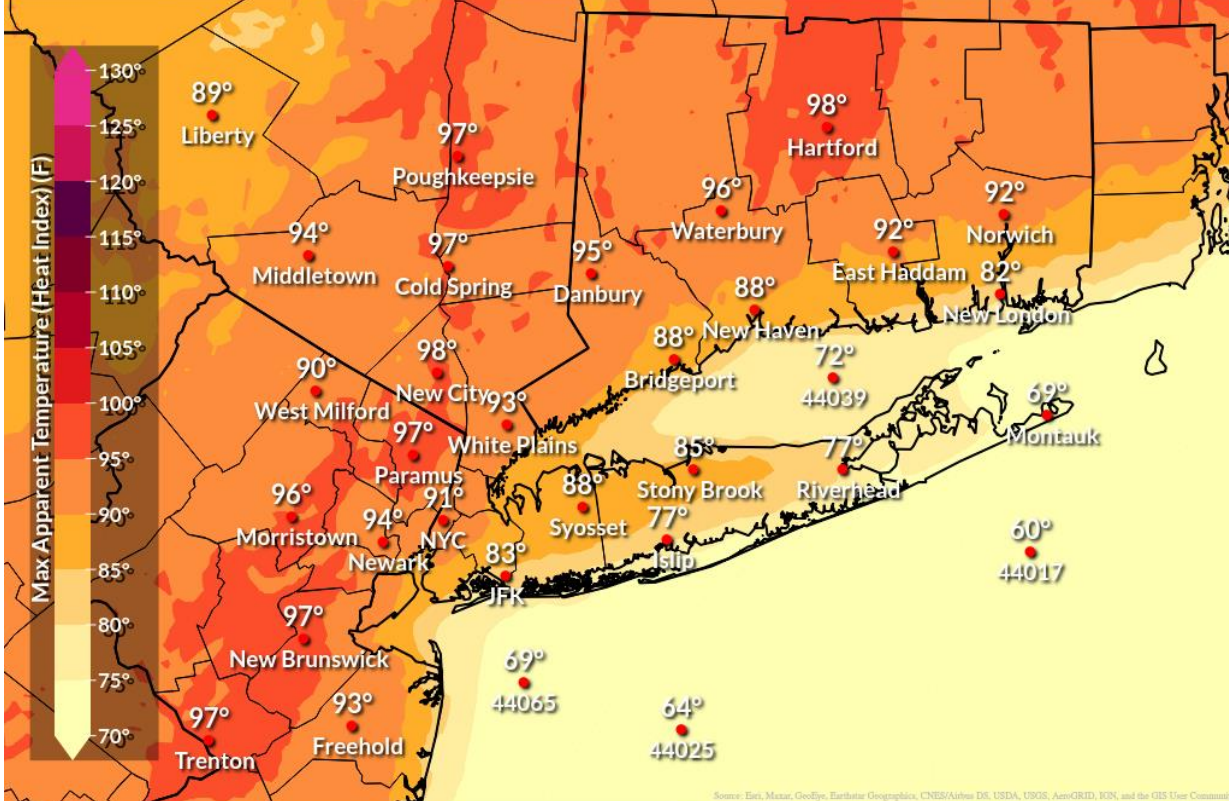
NEXT BRIEFING

- By 6am Sunday, unless significant changes are made to the forecast.

The heat index is a measure of how hot it really feels when relative humidity is factored in with air temperature. You can use this chart to find the heat index yourself. For more information on Heat Safety, please go to:

https://www.weather.gov/safety/heat

NWS Heat Index — Temperature (°F)

Relative Humidity (%)	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

☐ Caution   ☐ Extreme Caution   ☐ Danger   ☐ Extreme Danger

Classification	Heat Index	Effect on the body
Caution	80°F - 90°F	Fatigue possible with prolonged exposure and/or physical activity
Extreme Caution	90°F - 103°F	Heat stroke, heat cramps, or heat exhaustion possible with prolonged exposure and/or physical activity
Danger	103°F - 124°F	Heat cramps or heat exhaustion likely, and heat stroke possible with prolonged exposure and/or physical activity
Extreme Danger	125°F or higher	Heat stroke highly likely

https://www.weather.gov/wrn/heat_infographics

Cold Water Safety
Physical Incapacitation in water below 60F

Physical incapacitation happens in 10 minutes in waters of 50 to 60 degrees. You become physically helpless in the water because you can no longer control your arms, legs, hands and feet

When cold water cools your muscles and nerves:
- You become progressively weaker.
- You become exhausted more rapidly.
- Your hands become numb and useless.
- Your arms and legs stop working.

What this means:
- Unable to self-rescue.
- Unable to assist other people who try to help you.
- Swimming failure.
- Unable to position your back to the waves.
- Greatly increased risk of drowning.

Cold Water Safety
Preparedness / Action

COLD WATER SAFETY

- Wear a life vest during water activities
- Keep a close eye on children
- Alcohol enhances hypothermia
- Even experienced swimmers can lose muscle control very quickly
- Fast-flowing water will make rescue difficult

BE AWARE!

Even though temperatures are warming, rivers, lakes, and streams are still cold and running fast, especially with mountain snow runoff.

Visit our website for the latest forecast
www.weather.gov

Know Before You Go

- Be sure to check the weather and water temperature before you go out.
    - If water is too cold, consider changing plans
    - Dress for the water temperature, NOT the air temperature, this includes a wetsuit or dry suit.
    - Always wear a life jacket

- NWS New York issues Marine Weather Statements and social media posts in the Spring to alert of the dangers of Cold Water Shock and Incapacitation ahead of busy boating weekends and holidays!

- For more information visit: www.weather.gov/safety/coldwater