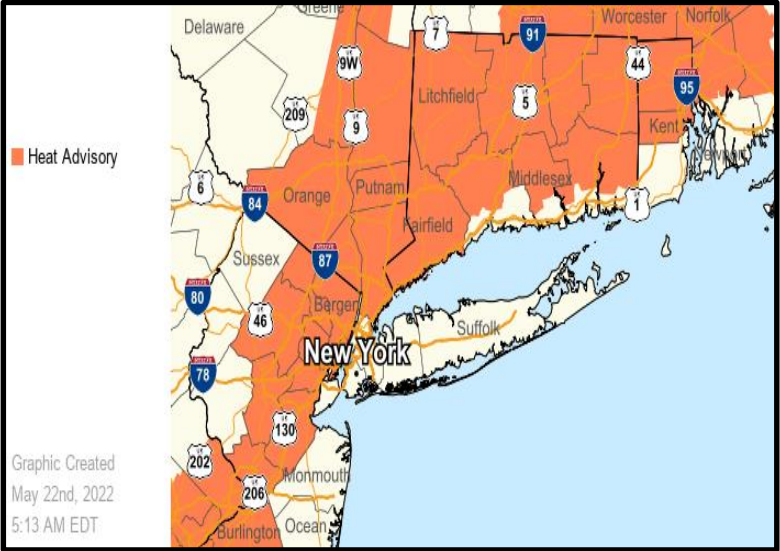


High Heat and Humidity Continues Today...



OVERVIEW

- High heat and humidity will continue today, before a cold frontal passage this evening brings temperatures back close to normal for Monday.
- A few strong to severe thunderstorms are possible late this afternoon into this evening with the cold front.



HAZARDS & IMPACTS

Heat –

- **Heat Advisory** - Heat Indices in the mid to upper 90s for northeastern NJ, lower Hudson Valley, Fairfield CT, and the rest of interior S 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 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 today.

Scattered late day/evening thunderstorms – 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, primarily NW of NYC.

NWS ALERTS

- Heat Advisories remain in effect through 6 PM for Northeastern NJ, the Lower Hudson Valley, Fairfield CT, and the rest of interior S CT.

NEXT BRIEFING

- This will be the final briefing for the heat. The severe weather threat looks low at this time. Should it increase, an updated briefing is possible.

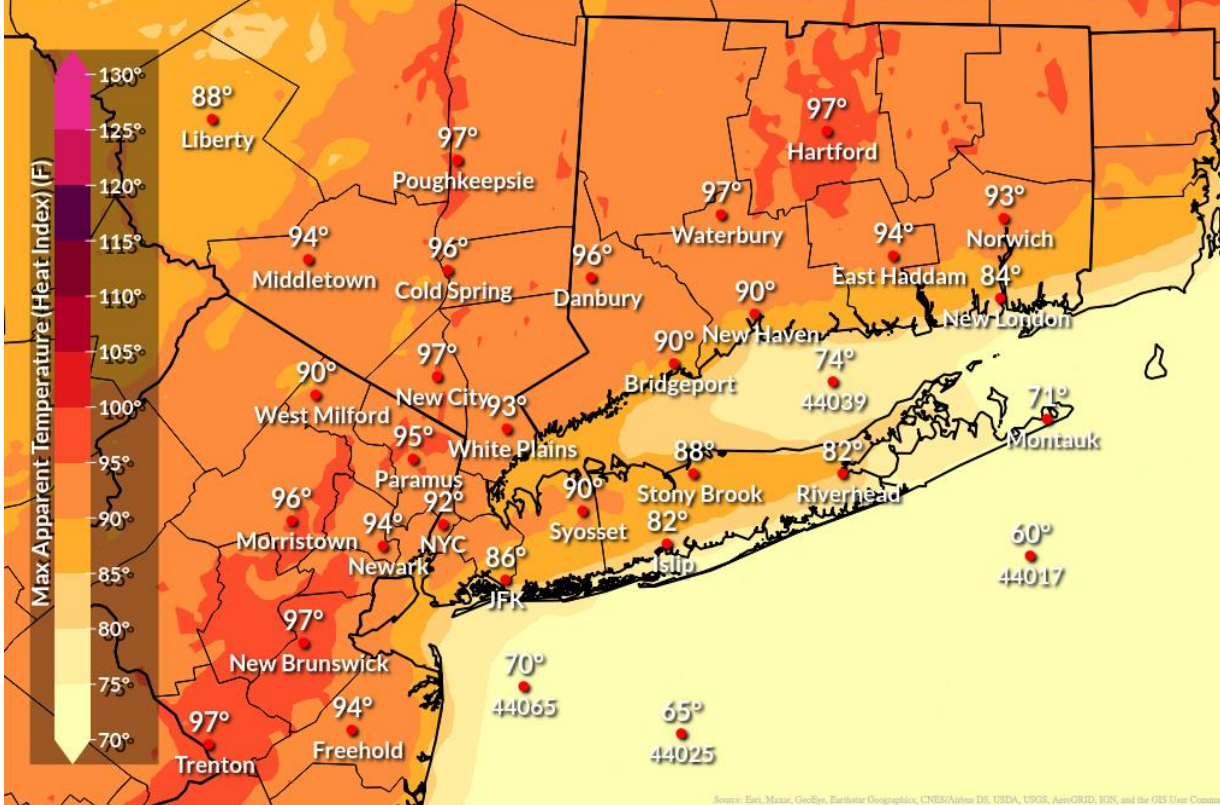


Sunday's Heat Index

Valid Sun May 22 8:00AM through Sun May 22 9:00PM EDT

Weather Forecast Office
New York, NY

Issued May 22, 2022 4:01 AM EDT



f t NWSNewYorkNY

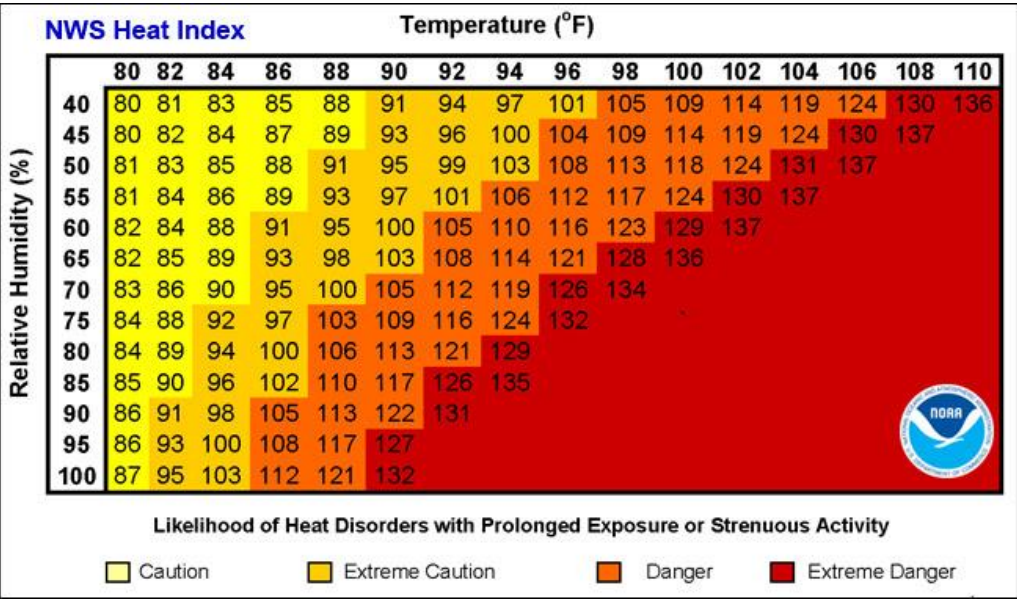
weather.gov/nyc

Source: Esri, Maxar, GeoEye, Earthstar Geographics, CNES/Airbus DS, USDA, USGS, AeroGRID, IGN, and the GIS User Community



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>



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



Heat Impacts: *Vulnerable Populations*



PREGNANT



NEWBORNS



CHILDREN



ELDERLY



CHRONIC ILLNESS

Everyone is at risk from the dangers of extreme heat, but these groups are more vulnerable than most. Age and certain conditions make the body less able to regulate temperature.



NEVER leave anyone alone in a closed car



Drink plenty of water, even if not thirsty



Use air conditioners and stay in the shade



Wear loose-fitting, light-colored clothing

weather.gov



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



Practice HEAT SAFETY Wherever You Are

Heat related deaths are preventable.
Protect yourself and others from the
impacts of heat waves.



[weather.gov/heat](https://www.weather.gov/heat)



Job Sites

Stay hydrated and
take breaks in the shade
as often as possible



Indoors

Check up on the
elderly, sick and those
without AC



Vehicles

Never leave kids or
pets unattended -
LOOK before you LOCK



Outdoors

Limit strenuous outdoor
activities, find shade,
and stay hydrated

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

