Rising Heat Indices For the Next Couple of Days...

OVERVIEW

- Hot and humid conditions will combine to produce maximum heat index values ranging from the mid 90s to around 100 Wednesday and Thursday.

HAZARDS & IMPACTS

Heat – Max heat indices of 95 to around 100 are likely Wednesday and Thursday between noon and 8 pm both days for the entire area. Low temperatures will range mostly 75-80, which will not allow for much cooling off at night. Some relief is possible on Friday.

Impacts – There is an increased risk of heat-related illness for vulnerable populations with this event.

NWS ALERTS

- A Heat Advisory is in effect for Wednesday. The heat advisory will probably need to be extended into Thursday as well.

NEXT BRIEFING

- By 6am Wednesday, unless there are significant changes.
Rising Heat Indices For the Next Couple of Days...

**Wednesday's Heat Index**

Valid Wed Jul 20 8:00AM through Wed Jul 20 9:00PM EDT

**New York, NY**

Issued Jul 19, 2022 4:01 AM EDT

Source: NWS New York, NY

weather.gov/nyc
Rising Heat Indices For the Next Couple of Days...

Thursday's Heat Index
Valid Thu Jul 21 8:00AM through Thu Jul 21 9:00PM EDT

ISSUED: 7/19/2022 5:04 AM
www.weather.gov/nyc
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

<table>
<thead>
<tr>
<th>Relative Humidity (%)</th>
<th>Temperature (°F)</th>
</tr>
</thead>
<tbody>
<tr>
<td>40</td>
<td>80  81  83  85  86  88  91  94  97  101  105  109  114  119  124  130  136</td>
</tr>
<tr>
<td>46</td>
<td>80  82  84  87  89  93  96  100  104  109  114  119  124  130  137</td>
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<td>50</td>
<td>81  83  85  88  91  95  99  103  108  113  118  124  131  137</td>
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<td>81  84  86  89  93  97  101  106  112  117  124  130  137</td>
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<td>95</td>
<td>86  93  100  108  117  127</td>
</tr>
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<td>100</td>
<td>87  95  103  112  121  132</td>
</tr>
</tbody>
</table>

#### Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

- **Caution**
- **Extreme Caution**
- **Danger**
- **Extreme Danger**

### Classification

- **Caution**: Heat Index 80°F - 90°F
  - Fatigue possible with prolonged exposure and/or physical activity

- **Extreme Caution**: Heat Index 90°F - 103°F
  - Heat stroke, heat cramps, or heat exhaustion possible with prolonged exposure and/or physical activity

- **Danger**: Heat Index 103°F - 124°F
  - Heat cramps or heat exhaustion likely, and heat stroke possible with prolonged exposure and/or physical activity

- **Extreme Danger**: Heat Index 125°F or higher
  - Heat stroke highly likely

**Issued:** 7/19/2022 5:04 AM
Heat Impacts: Vulnerable Populations

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.

- **PREGNANT**
- **NEWBORNS**
- **CHILDREN**
- **ELDERLY**
- **CHRONIC ILLNESS**

- **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

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.

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