

Excessive Heat

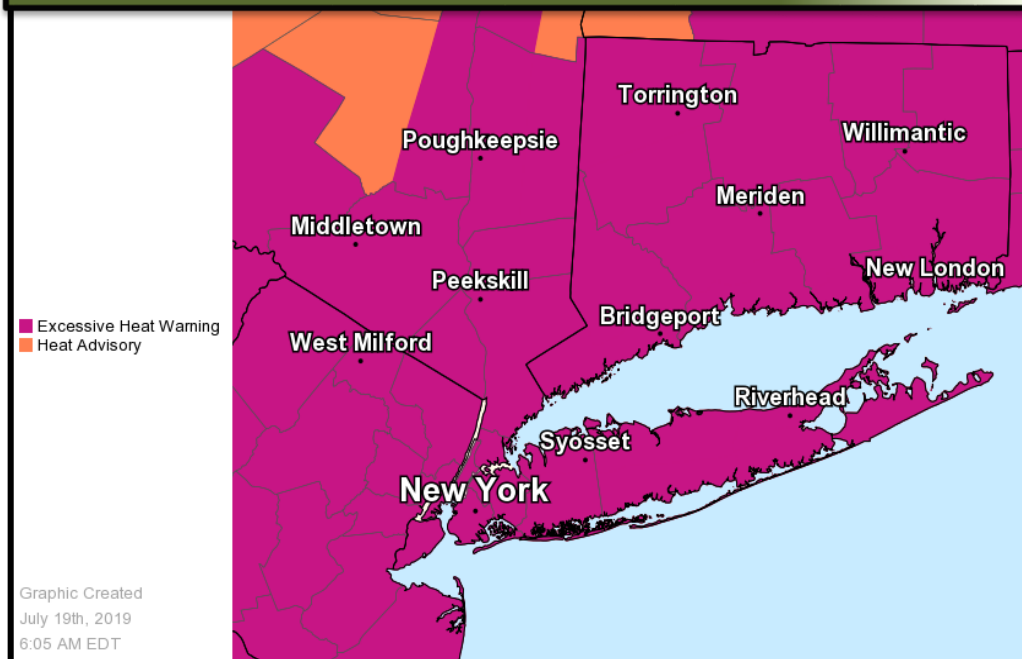
Heat Advisory remains in effect for LI and Southern CT for today.

Excessive Heat Warning remains in effect for NE NJ, NYC and the Lower Hudson Valley for today.


Excessive Heat Warning for entire area Saturday and Sunday.

Decision Support Briefing #5
As of 6:00 AM July 19, 2019

Current Hazards



Main Points

Hazard	Impacts	Location	Timing
<p>Heat</p> 	<p>Extreme heat can cause illness and death among at-risk population who cannot stay cool.</p> <p>The excessive heat may quickly cause heat stress or heat stroke, especially during outdoor exertion or extended exposure.</p>	<p>NE NJ, NYC, and the Lower Hudson Valley- Excessive Heat Warning through Sunday</p> <p>Long Island and Southern CT- Heat Advisory into tonight, Excessive Heat Warning Saturday and Sunday.</p>	<p>Max heat index values will range from:</p> <ul style="list-style-type: none"> • 100 to 110 Fri • 105 to around 115 Sat • 105 to around 115 Sun <p>Peak heat index values will be between 2 and 5pm.</p>

Summary of Greatest Impacts

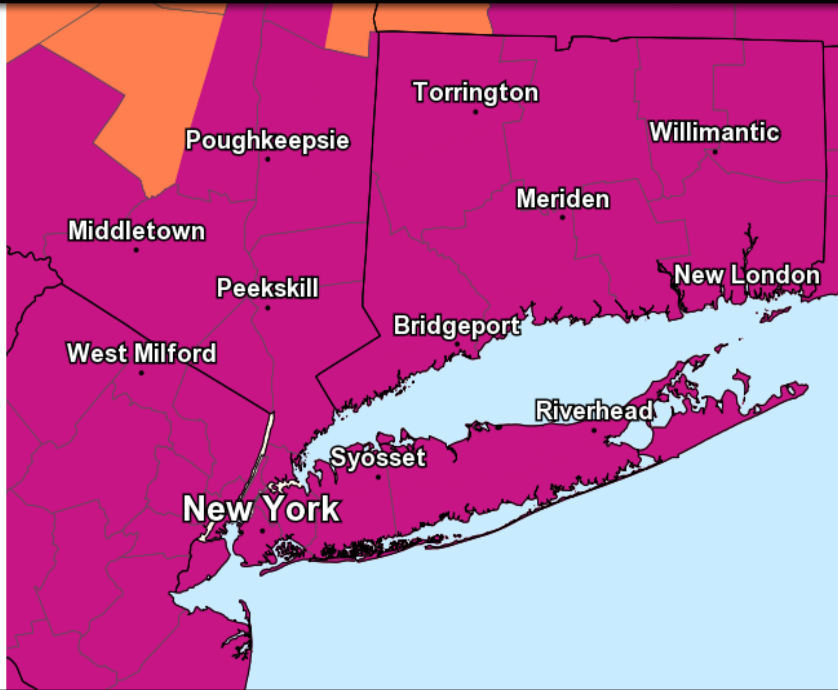
Heat: Entire Tri-State Region



Excessive Heat Warning in Effect

Excessive Heat Warning for NE NJ, NYC, and Lower Hudson Valley today.
Excessive Heat Warning for the entire Tri-State Region Saturday and Sunday.

Excessive Heat Warning



Hazards:

- ✓ Max heat Index values will range from:
 - ✓ 100 to 110 Today
 - ✓ 105 to around 115 Sat
 - ✓ 105 to around 115 Sun
- ✓ Overnight lows in the upper 70s and lower 80s tonight and Sat Night.

Impacts:

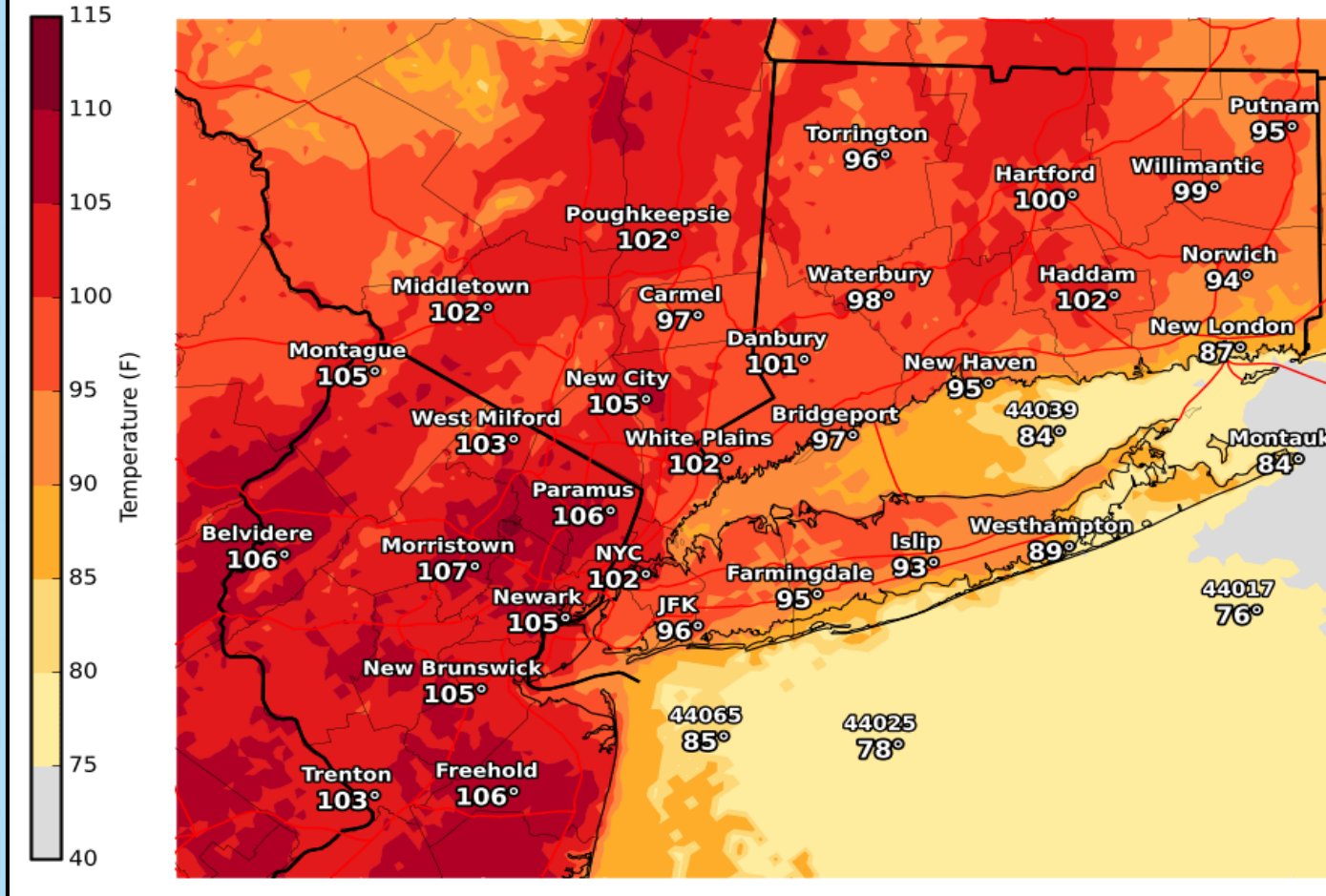
- ✓ Extreme heat can cause illness and death among at-risk population who cannot stay cool.
- ✓ The excessive heat may quickly cause heat stress or heat stroke, especially during outdoor exertion or extended exposure.

Timing :

- ✓ The peak heat Index values will occur between 2 to 5 pm.

Max Heat Index Values Today

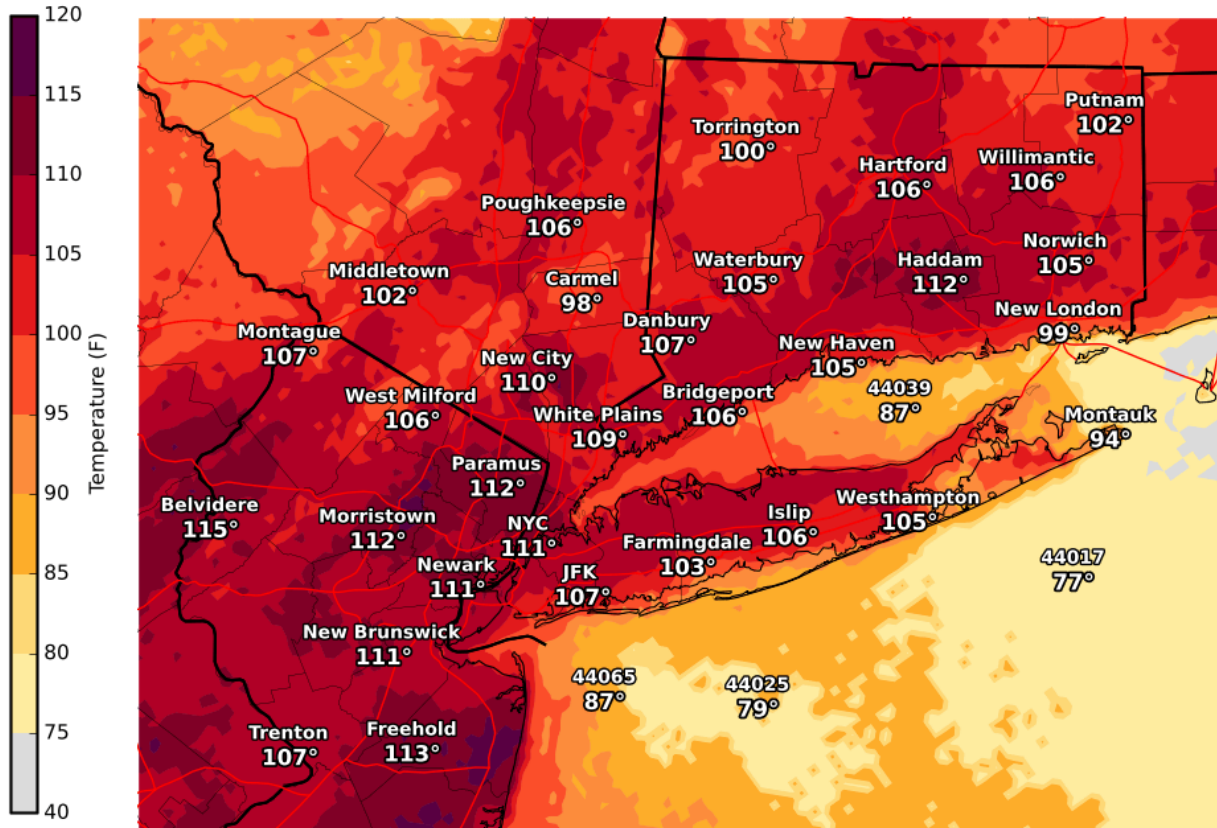
Today's Maximum Heat Index Temperatures
Valid: July 19, 2019



Peak Heat Index Values between 2 and 5pm

Max Heat Index Values Saturday

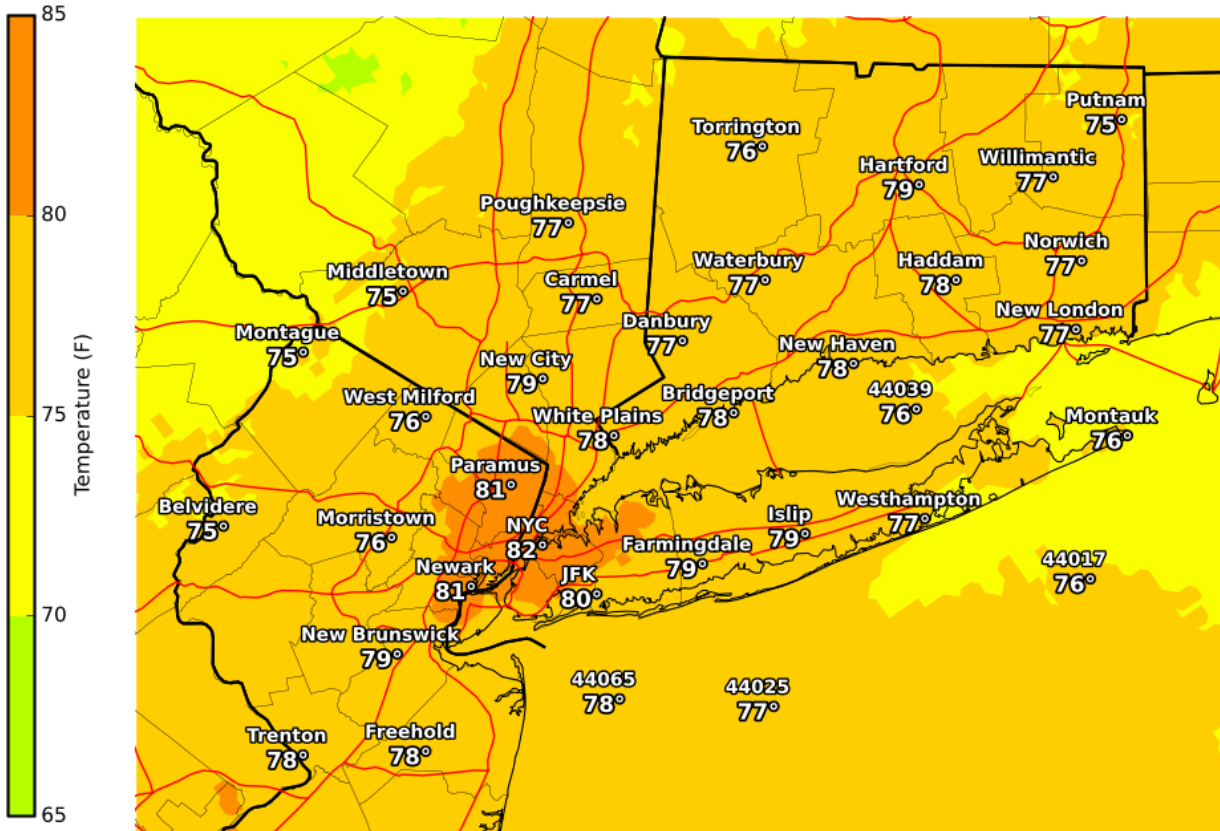
Saturday - Maximum Heat Index Temperatures
Valid: July 20, 2019



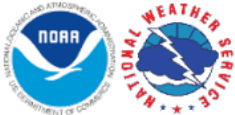
Peak Heat Index Values between 2 and 5pm

Low temperatures Saturday into Sunday Morning

Low Temperature from 07/20/2019 6PM to 07/21/2019 6AM
Valid: July 21, 2019



Heat indices only drop to 85-90 F for NYC and NE NJ Metro.

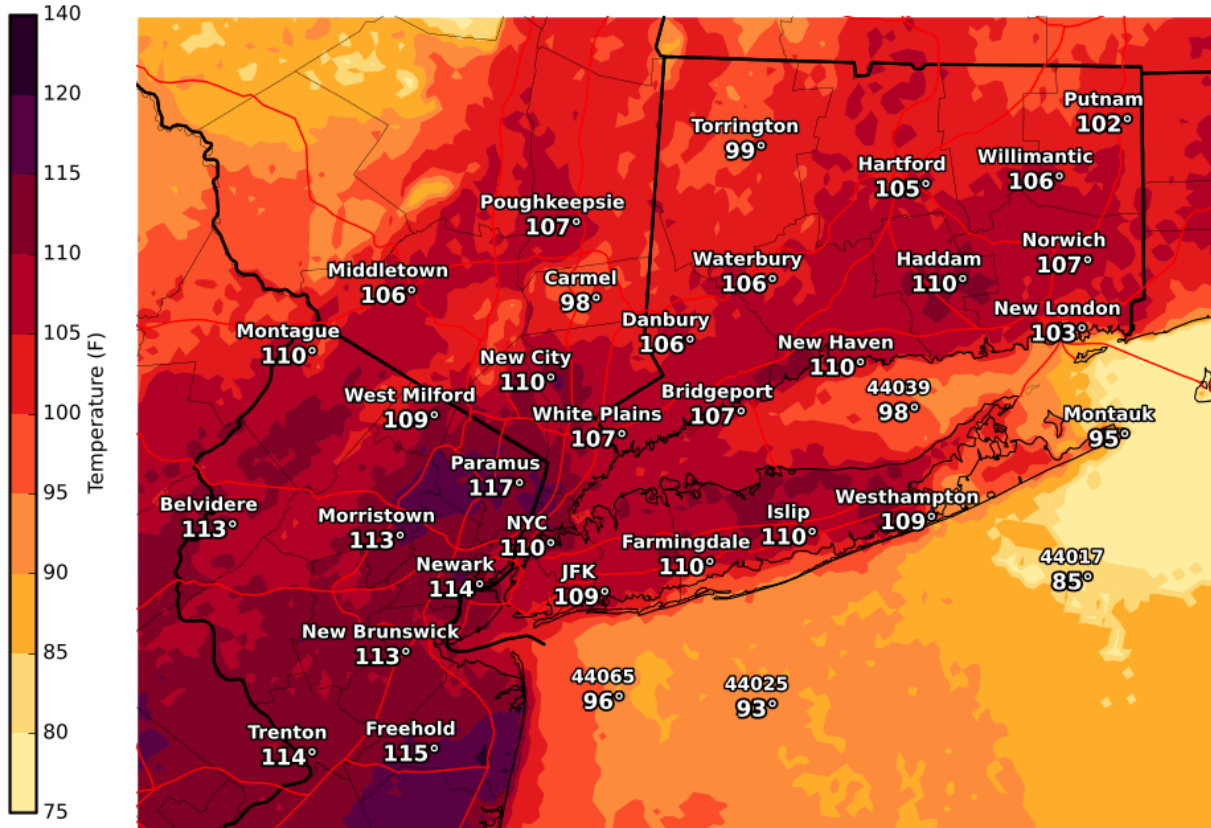


National Weather Service
New York NY
07/19/2019 04:32 AM EDT

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Max Heat Index Values Sunday

Sunday - Maximum Heat Index Temperatures
Valid: July 21, 2019



Peak Heat Index Values expected between 2 and 5pm



National Weather Service
New York NY
07/19/2019 04:34 AM EDT

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Heat Safety Information

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



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

Heat Safety Information

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache, confusion
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none"> • Get to a cooler, air conditioned place • Drink water if fully conscious • Take a cool shower or use cold compresses 		<p style="text-align: center;">CALL 9-1-1</p> <ul style="list-style-type: none"> • Move person to cooler place • Cool using cool cloths or bath • Do not give anything to drink

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SacramentoReady.org



Heat Safety Information

Heat Related Deaths
ARE Preventable
LOOK BEFORE YOU LOCK



The temperature in your car can quickly become deadly!

Outside Temperature 80°



Time Elapsed:
10 Minutes



Time Elapsed:
20 Minutes



Time Elapsed:
30 Minutes



Time Elapsed:
60 Minutes



weather.gov/heat

nhtsa.gov

Forecast Uncertainty or Scenarios

- ✓ High Confidence on Dangerous Heat and Humidity levels through Sunday.
- ✓ There is a low probability for isolated strong to severe thunderstorms late today, particularly from NYC and points north and West.
 - ✓ The main threat for severe weather appears to be northwest of the local Tri-State region, but with a hot and unstable air mass over the area a minimal threat exists into the region.
 - ✓ Strong to damaging wind gusts would be the main threat with this activity.

Event Summary

- ✓ **Dangerous heat and humidity Friday through Sunday for the entire Tri-State Area.**
- ✓ Air Quality alert is in effect for most of the Tri-State Region today due to elevated air pollution and ozone concentration levels.
- ✓ There is a low probability for isolated strong to severe thunderstorms late today, particularly from NYC and point north and West.