

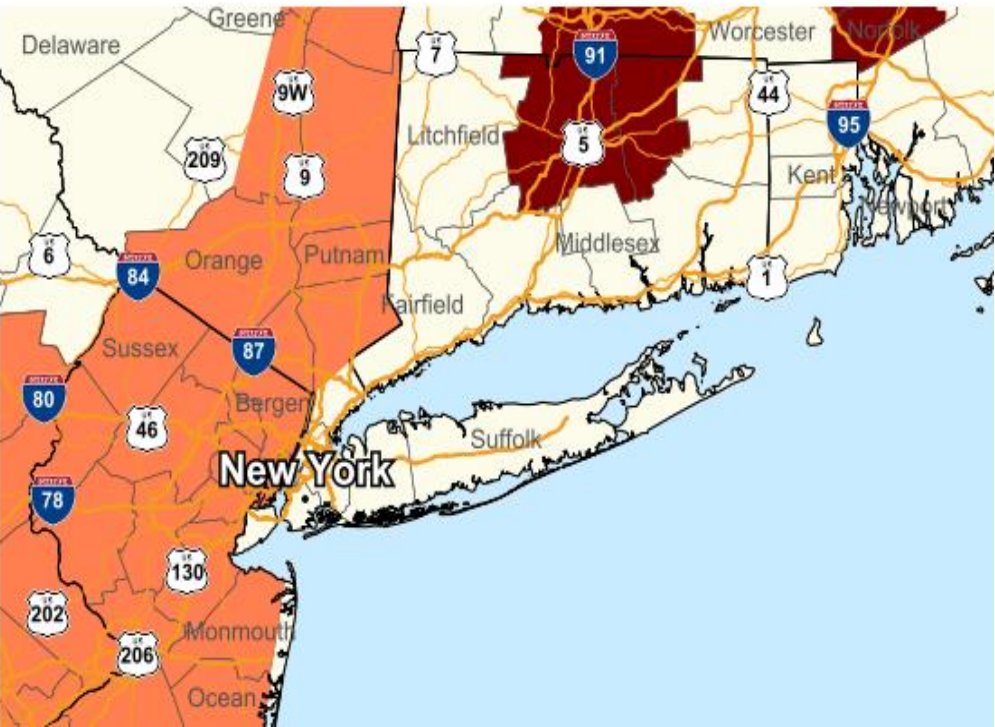


# Hot and Humid Weather This Week

June 16, 2024  
4:46 PM

## Key Messages

- Hot and humid conditions will combine to produce maximum heat index values approaching 100 degrees Tuesday and Wednesday.
- Headlines are likely to continue into Thursday and Friday with more widespread heat index values 95-104 degrees.



Graphic Created  
June 16th, 2024  
4:05 PM EDT



National Oceanic and  
Atmospheric Administration  
U.S. Department of Commerce

### HAZARDS & IMPACTS

- Max Heat Indices:**
- **Tuesday and Wednesday:** Widespread middle to upper 90s, with some isolated 100F across the advisory area.
  - **Thursday and Friday:** Upper 90s to around 104 for much of the region, except Long Island.
  - **Low Temperatures:** 60s to mid 70s, with the warmest nights, Thursday night and Friday night.
  - **Timing:** Max heat indices between noon and 8pm each day.
  - **Impacts:** There is an increased risk of heat-related illness for vulnerable populations with this event.

### NWS ALERTS

- Heat advisories in effect for Northeastern NJ and most of the Lower Hudson Valley.
- Heat advisories will likely be extended into NYC and portions of Southern CT later in the week.

### FORECAST CHALLENGES

- If dew points are lower than forecast, heat indices may come close but not reach advisory criteria.

### NEXT BRIEF

By 6pm Monday

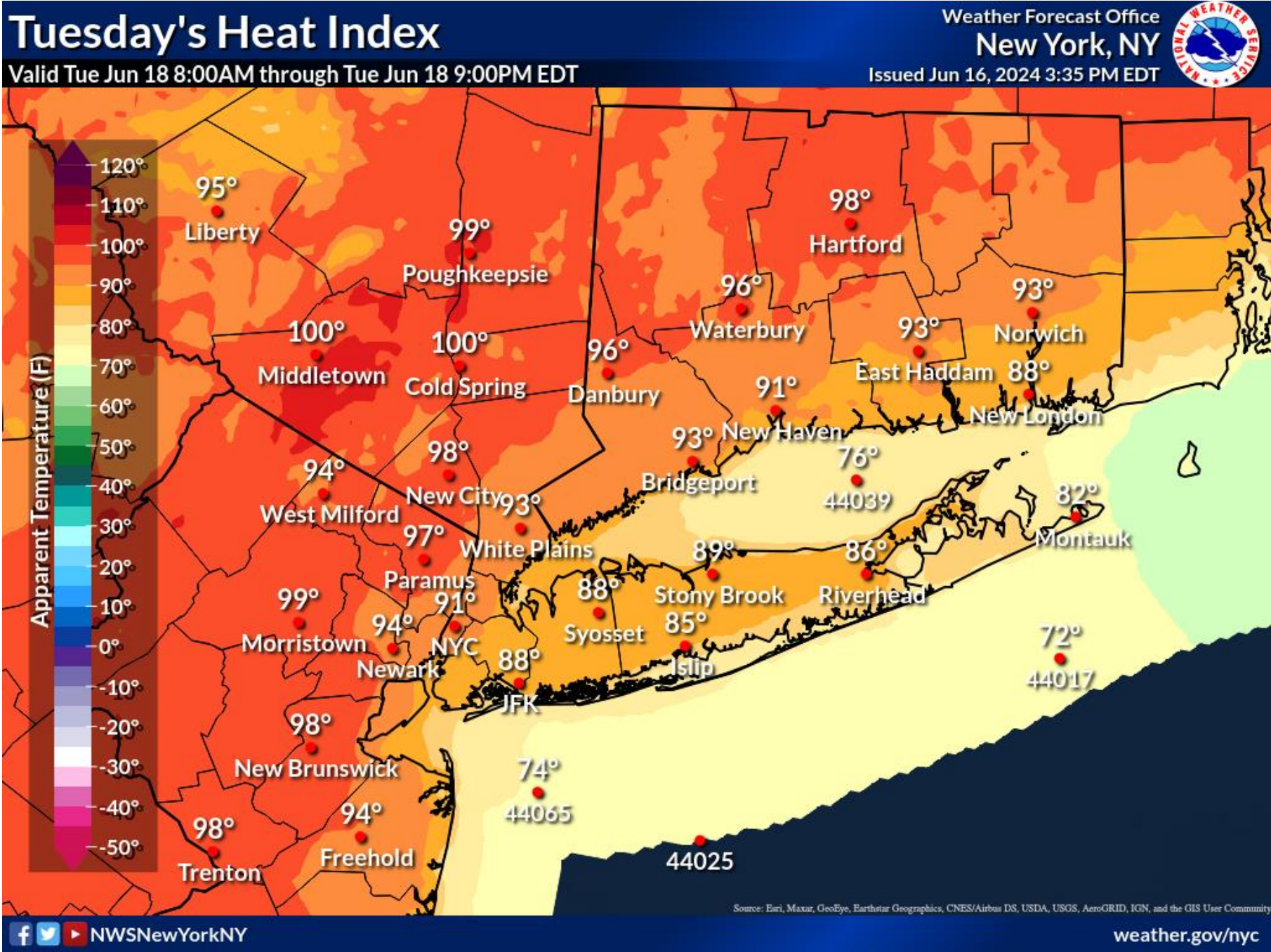
National Weather Service  
New York, NY





# Maximum Heat Index

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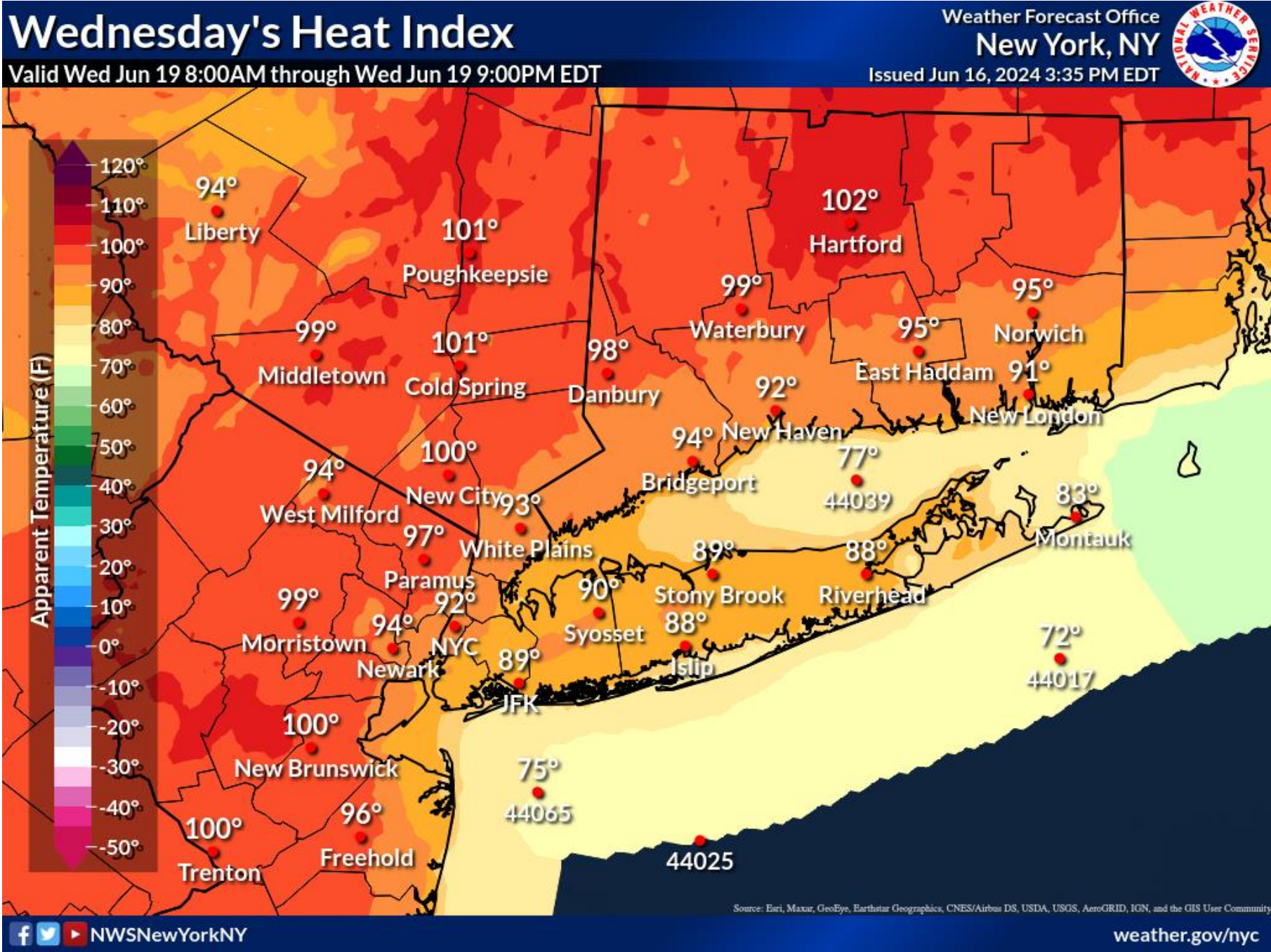
National Weather Service  
New York, NY





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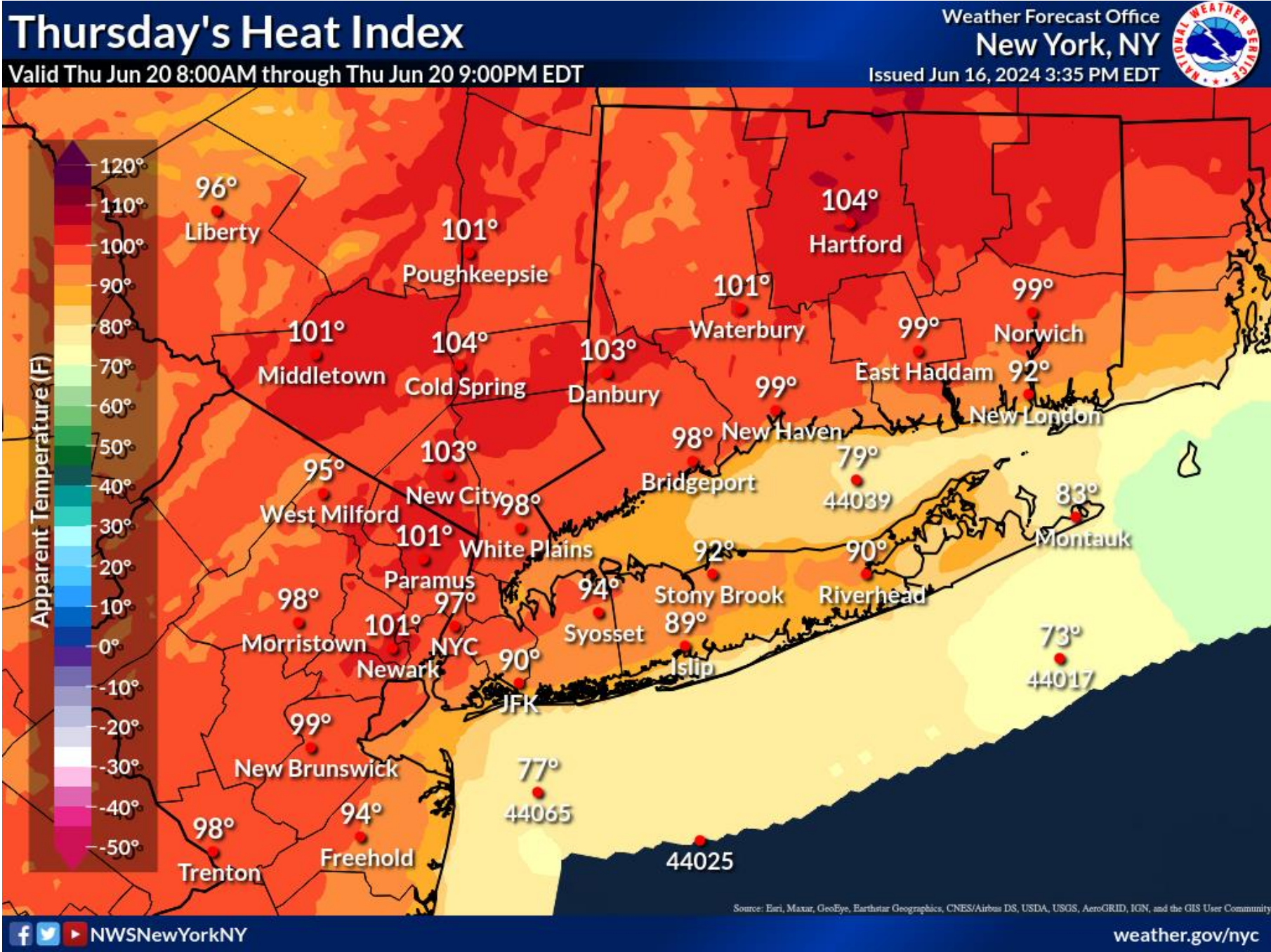
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# Maximum Heat Index

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National Weather Service  
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# 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](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

