

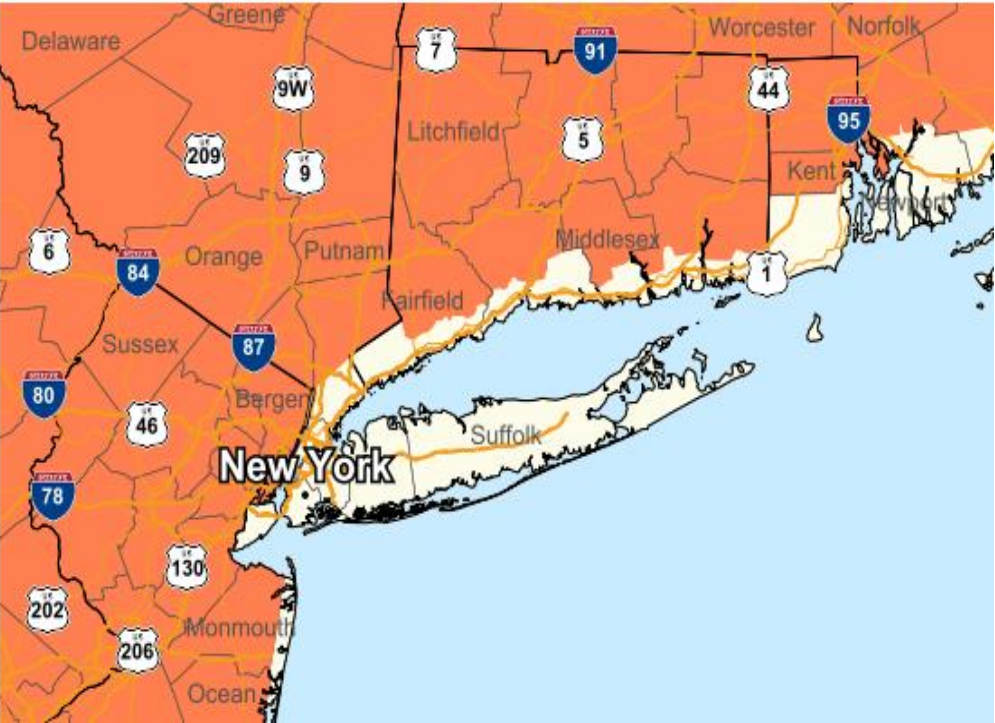


Hot and Humid Weather This Week

June 18, 2024
4:53 AM

Key Messages

- Hot and humid conditions will produce maximum heat index values between 95 and 100 degrees today and Wednesday.
- Headlines are likely to continue and possibly expand into Thursday and Friday with potentially more widespread heat index values of 95-102 degrees on Thursday, and 95-104 degrees on Friday.



Heat Advisory
Excessive Heat Watch

Graphic Created
June 18th, 2024
4:21 AM EDT



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

HAZARDS & IMPACTS

Max Heat Indices:

- Today and Wednesday:** Widespread middle to upper 90s, with isolated 100 degrees across the advisory area.
- Thursday:** Middle 90s and up to 102 for much of the interior.
- Friday:** Upper 90s to around 104 for much of the interior, 95 to 100 for NYC, Northern Nassau, and Northwest Suffolk. Below 95 for Eastern LI and SE CT.

Low Temperatures: Mostly upper 60s to mid 70s, with the warmest nights being 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 are in effect for Northeastern NJ, most of the Lower Hudson Valley, and the Northern portions of Fairfield and New Haven counties **starting today at noon**.
- Heat advisories are now in effect for northern Middlesex and New London counties **starting Wednesday at noon**.
- Heat advisories will likely be extended into NYC and portions of Southern CT at some point later in the week.
- Air Quality Alerts are in effect for Northeastern NJ, the Lower Hudson Valley, Interior portions of Southern CT, and New York City from 11 am until 11 pm today, with additional alerts likely needed going through this week.

FORECAST CHALLENGES

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

NEXT BRIEF

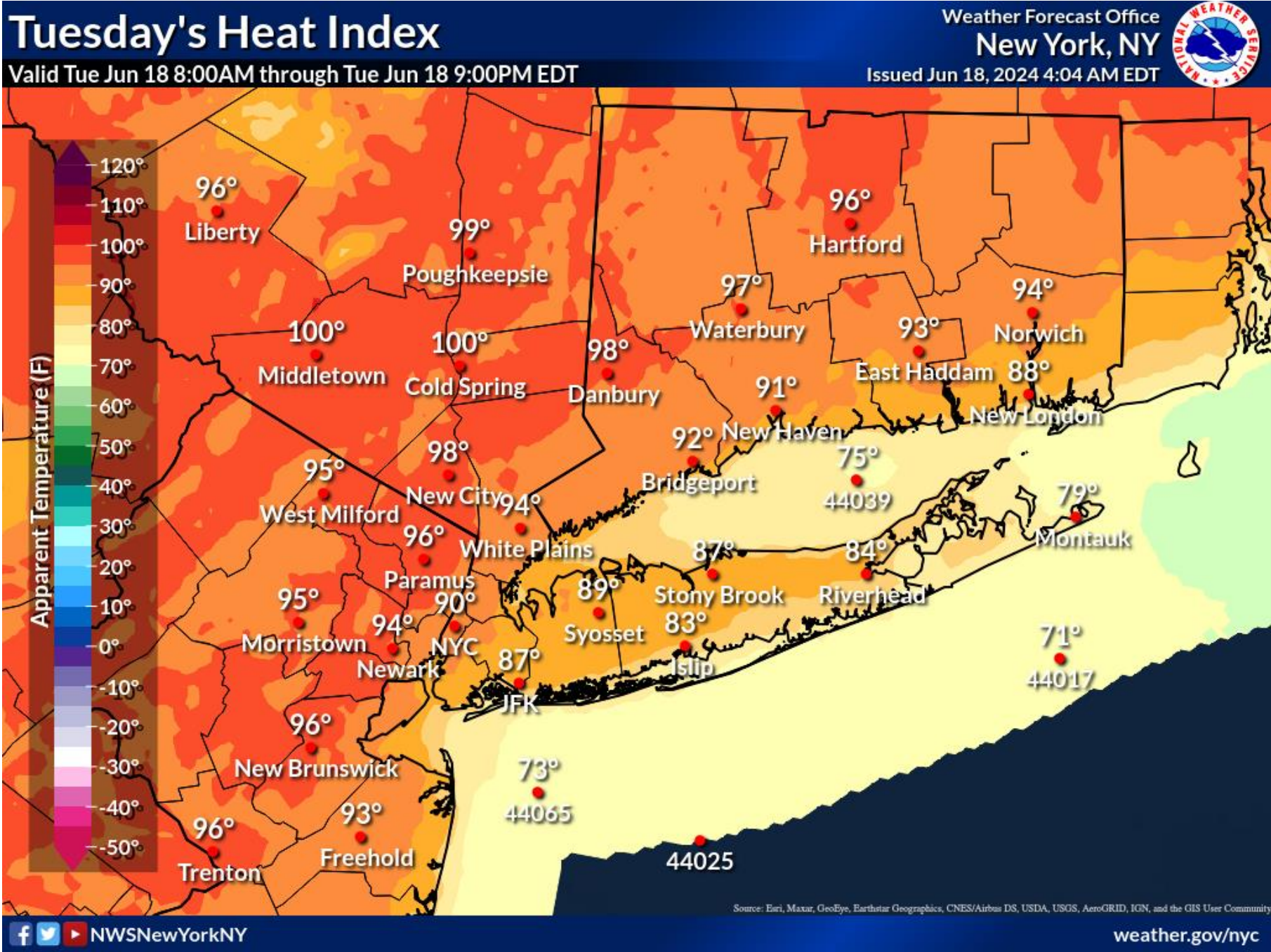
By 6pm today

National Weather Service
New York, NY



Maximum Heat Index

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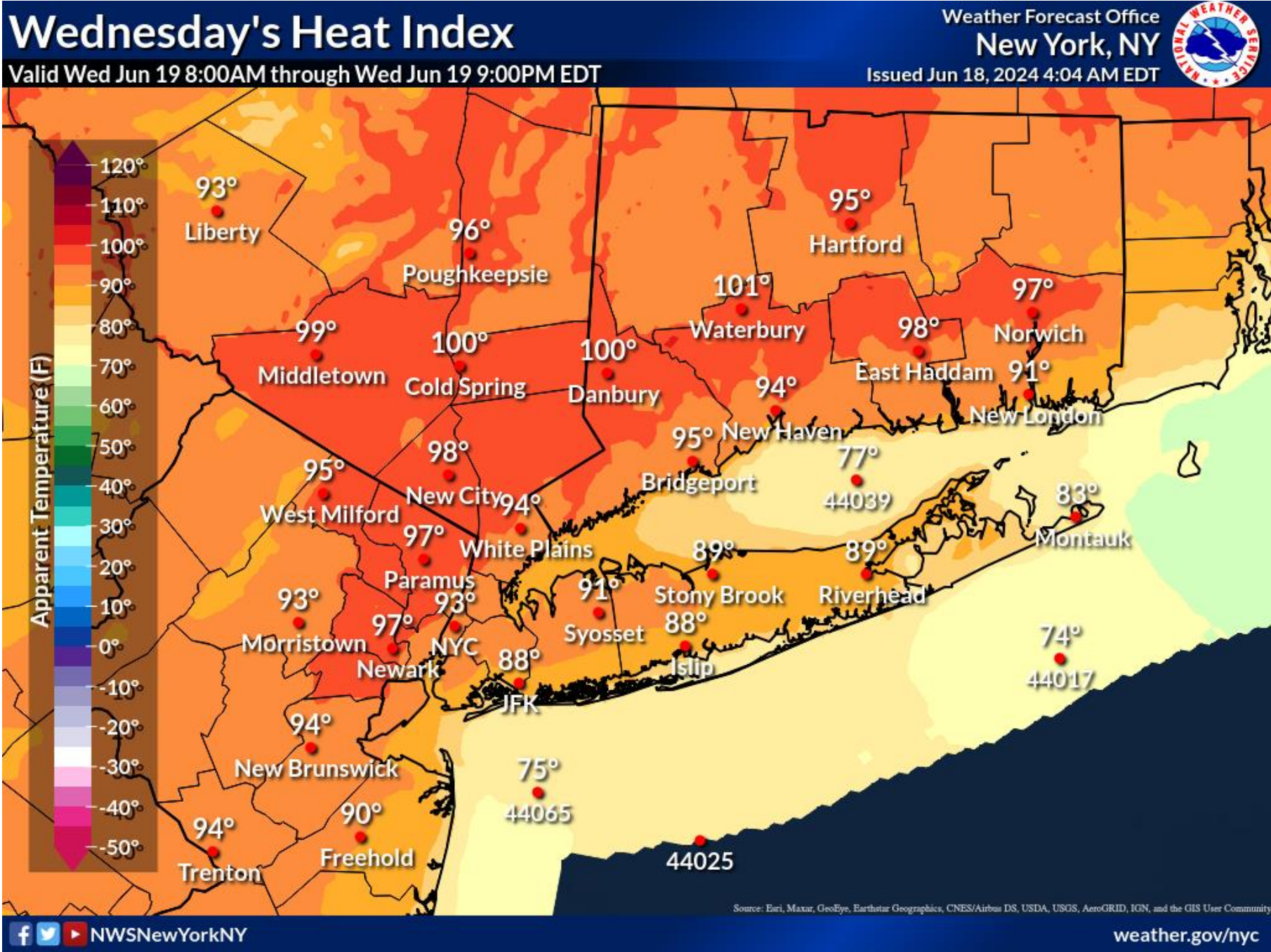
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Maximum Heat Index

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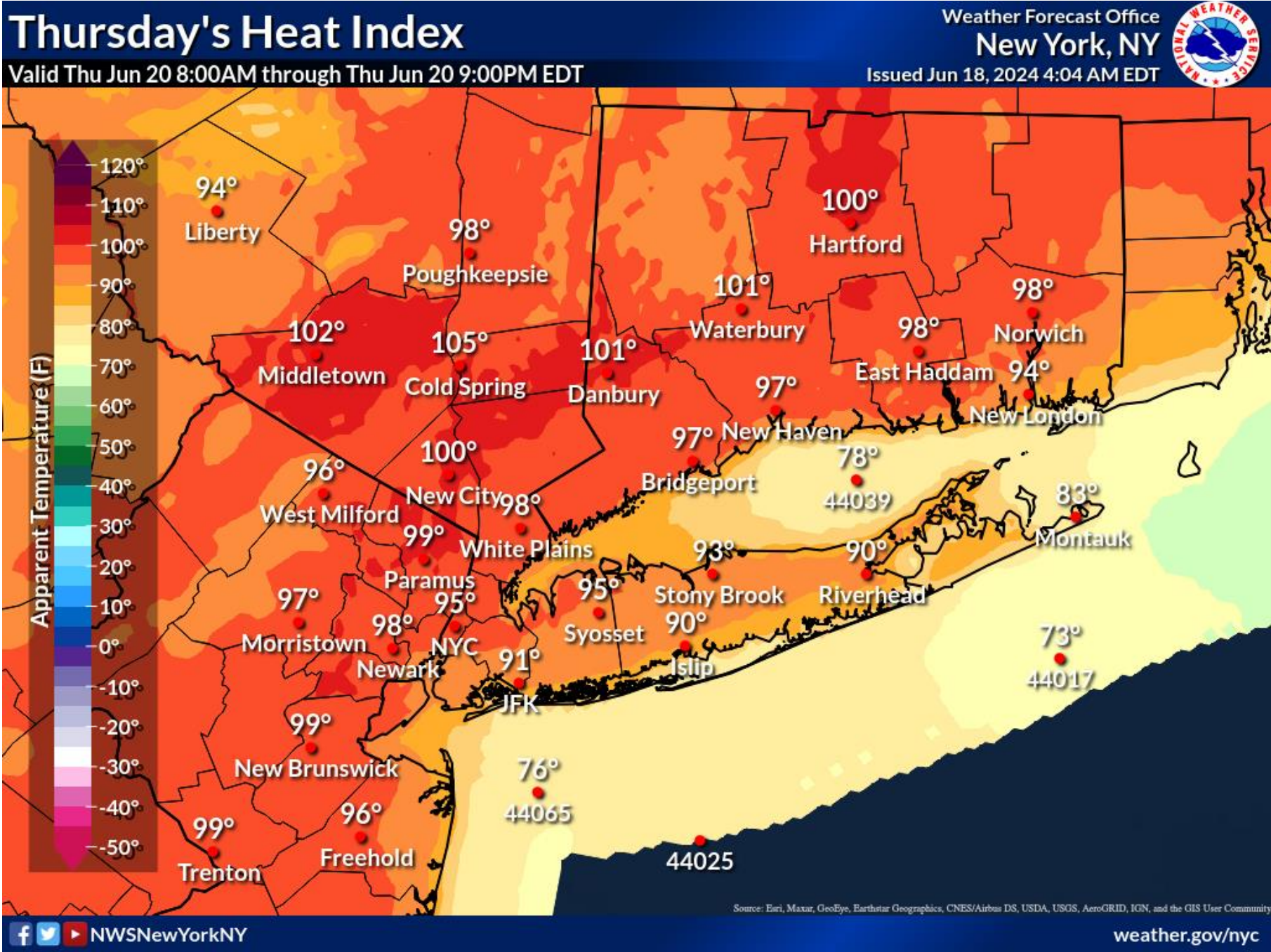
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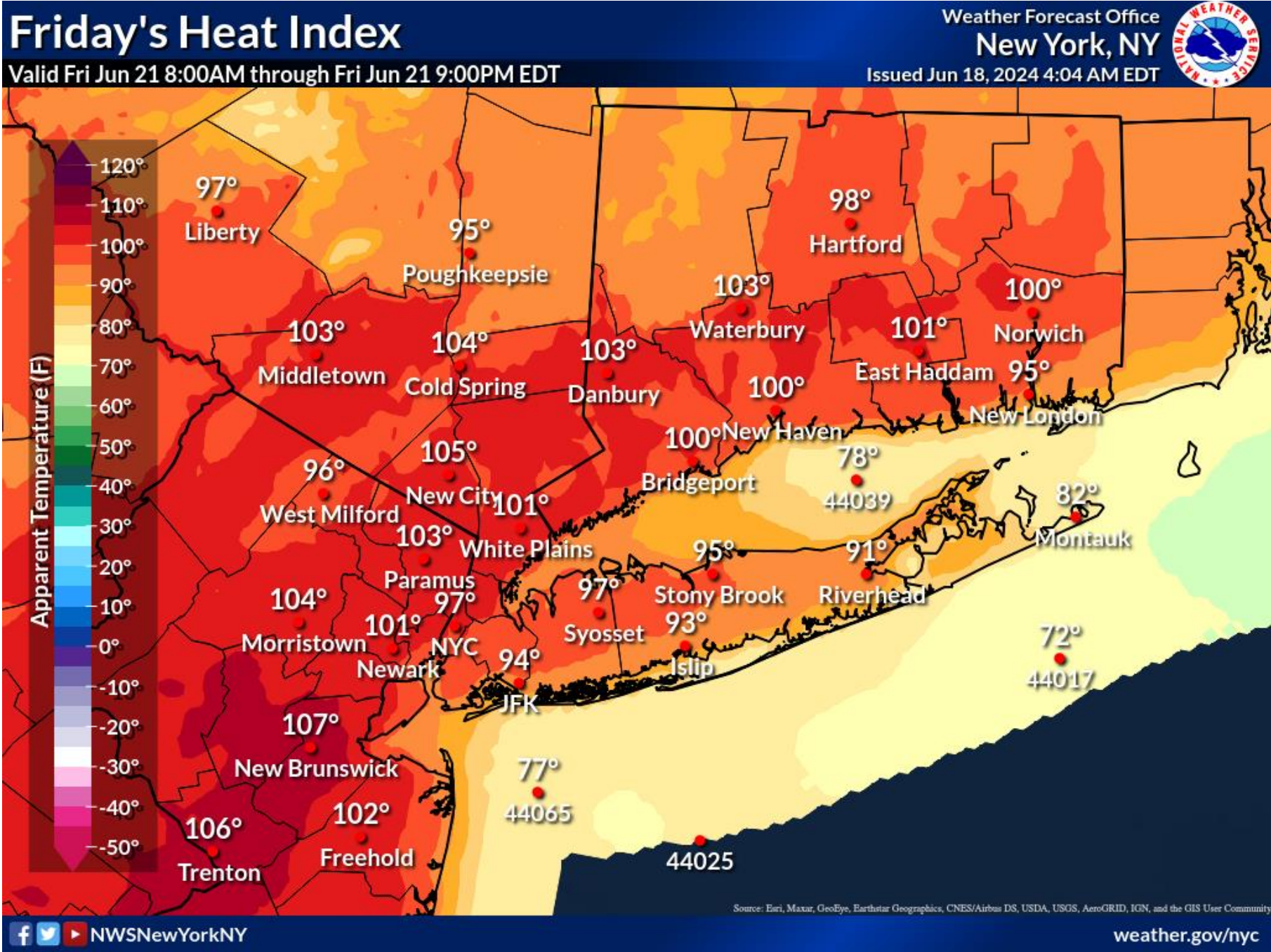
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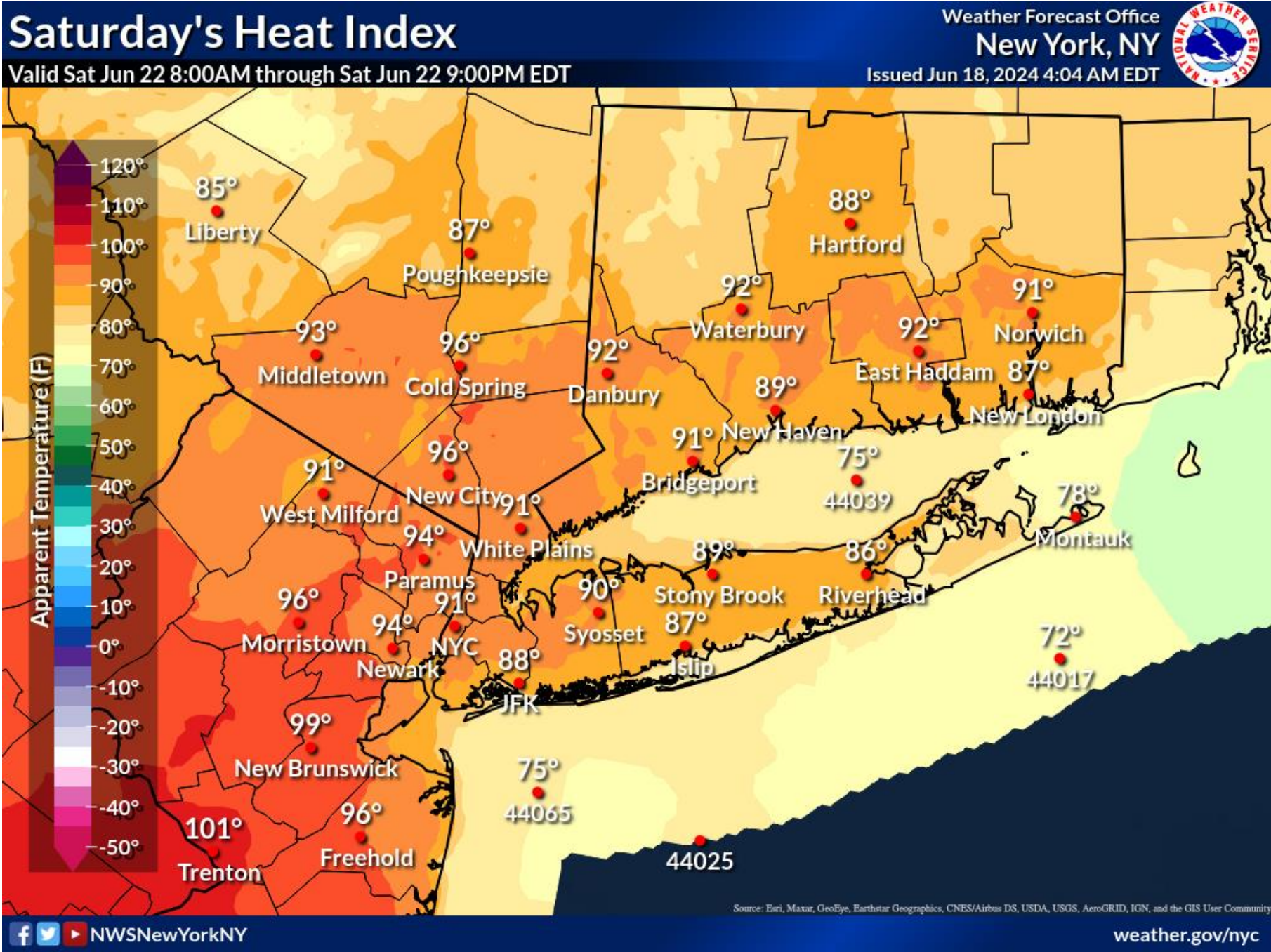
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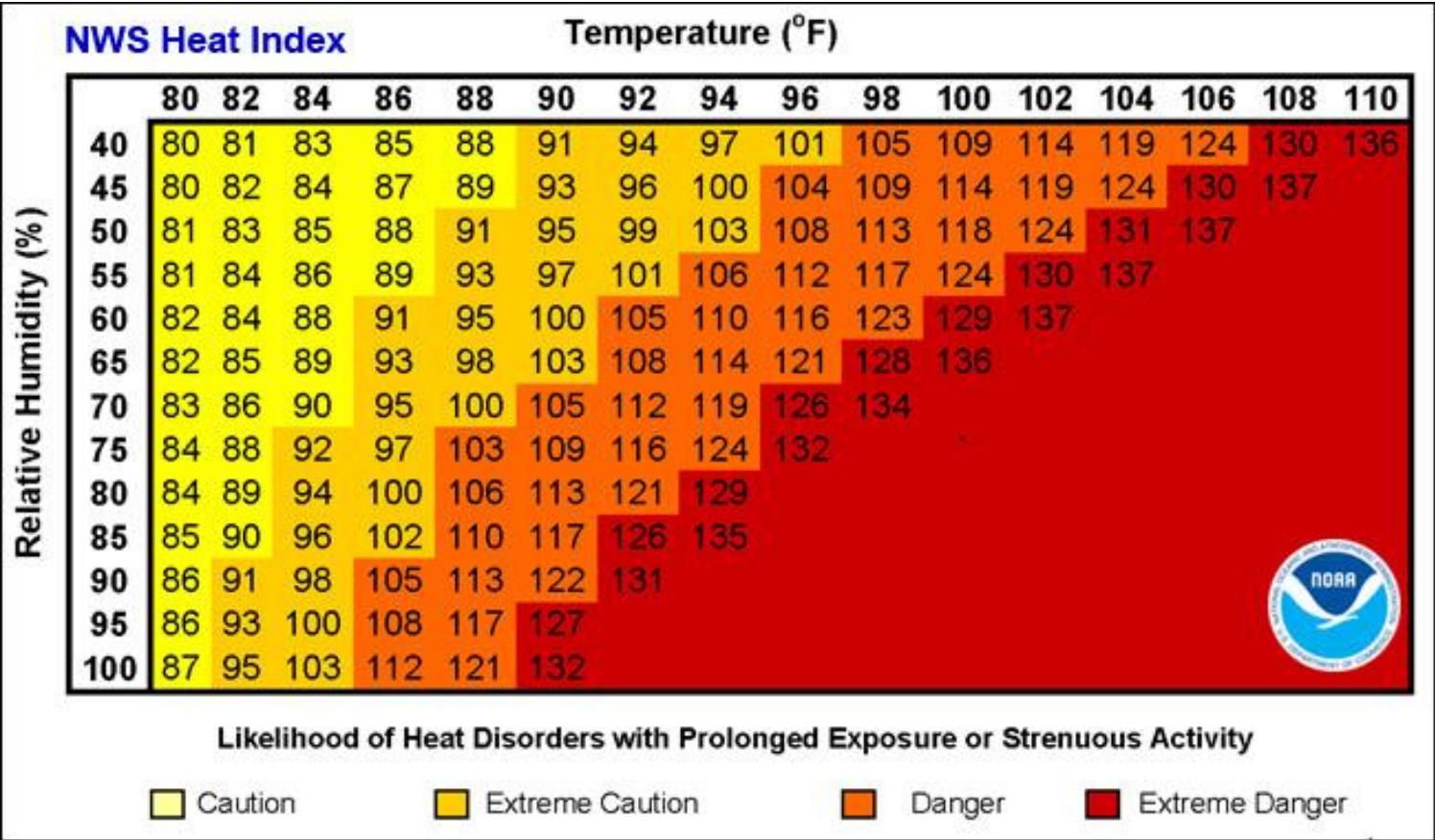


NWS Heat Index and Effects

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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

