



Hot and Humid Weather This Week

June 18, 2024
5:52 PM

Key Messages

- Hot and humid conditions will produce maximum heat index values between 95 and 100 degrees Wednesday and Thursday in the advisory area.
- Heat advisories may need to be extended into Friday, and could potentially be expanded to include the NYC Metro Thursday and Friday.



HAZARDS & IMPACTS

Max Heat Indices: Widespread middle to upper 90s, with isolated 100 degrees across the advisory area.
Low Temperatures: Mostly upper 60s to mid 70s, with the warmest night being Thursday 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 remain in effect for NE NJ, most of the Lower Hudson Valley, and northern Fairfield CT and northern New Haven CT counties through Thursday evening.
- Heat advisories remain in effect for northern Middlesex CT and New London CT counties, *starting* Wednesday at noon.
- Air Quality Alerts are in effect for Northeastern NJ, the Lower Hudson Valley, Interior portions of Southern CT, and New York City until 11 pm this evening. The Air Quality Alert continues for these same areas on Wednesday *AND gets expanded* into Southern Fairfield and New Haven, CT. Wednesday's air quality alerts are in effect from 11 am to 11 pm.

FORECAST CHALLENGES

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

NEXT BRIEF

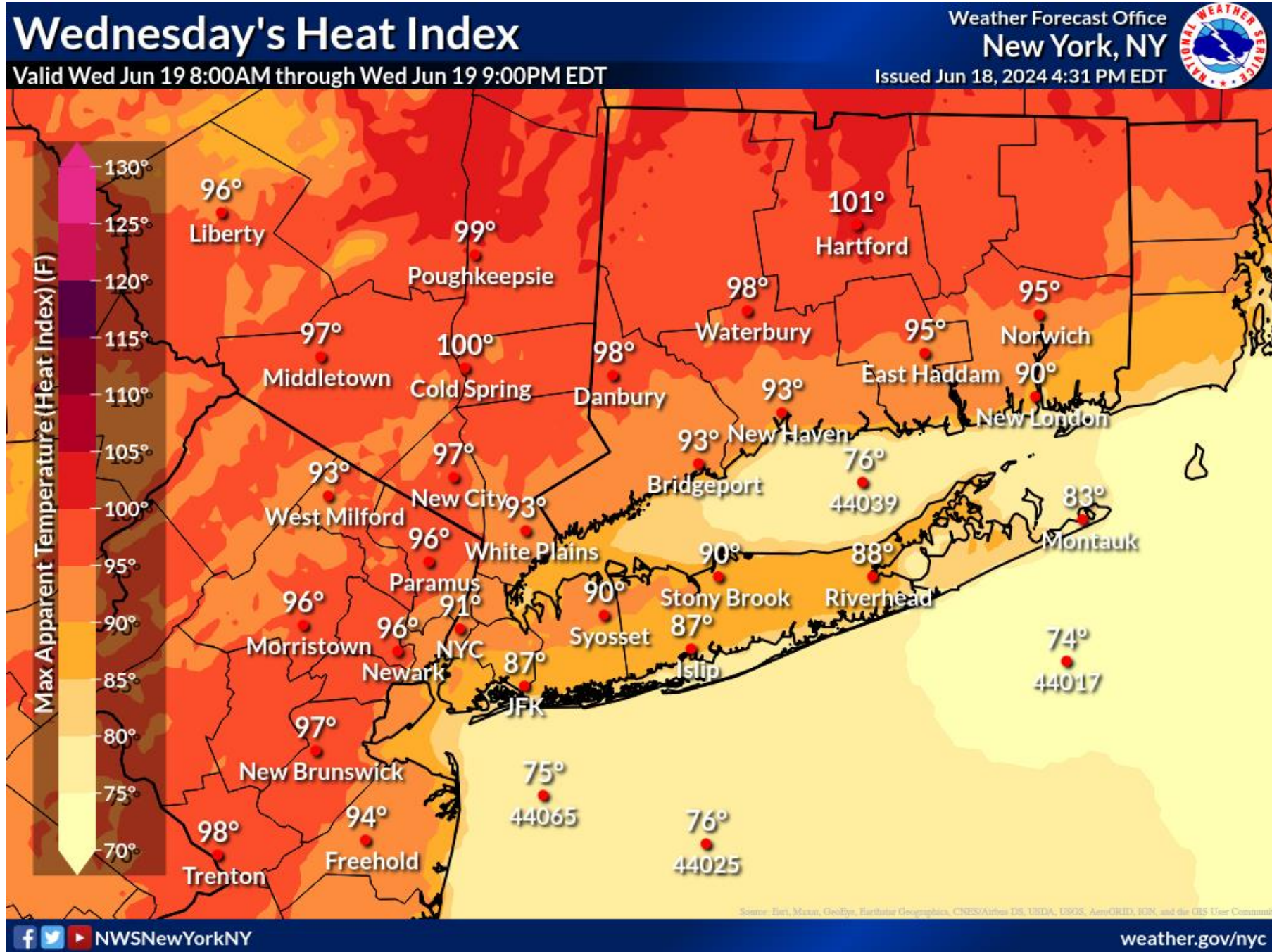
By 6am Wednesday

Graphic Created
June 18th, 2024
5:28 PM EDT



Maximum Heat Index

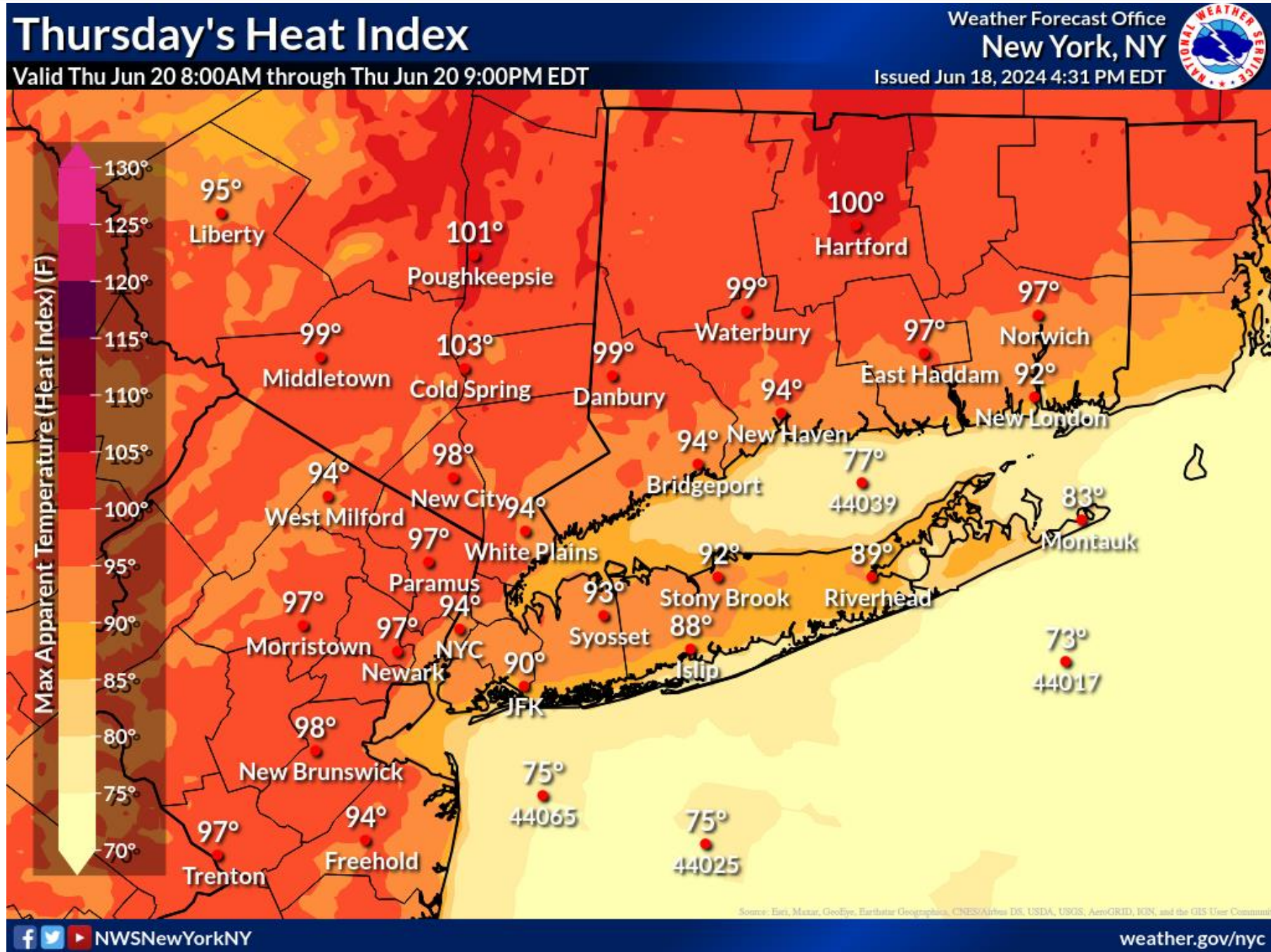
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Maximum Heat Index

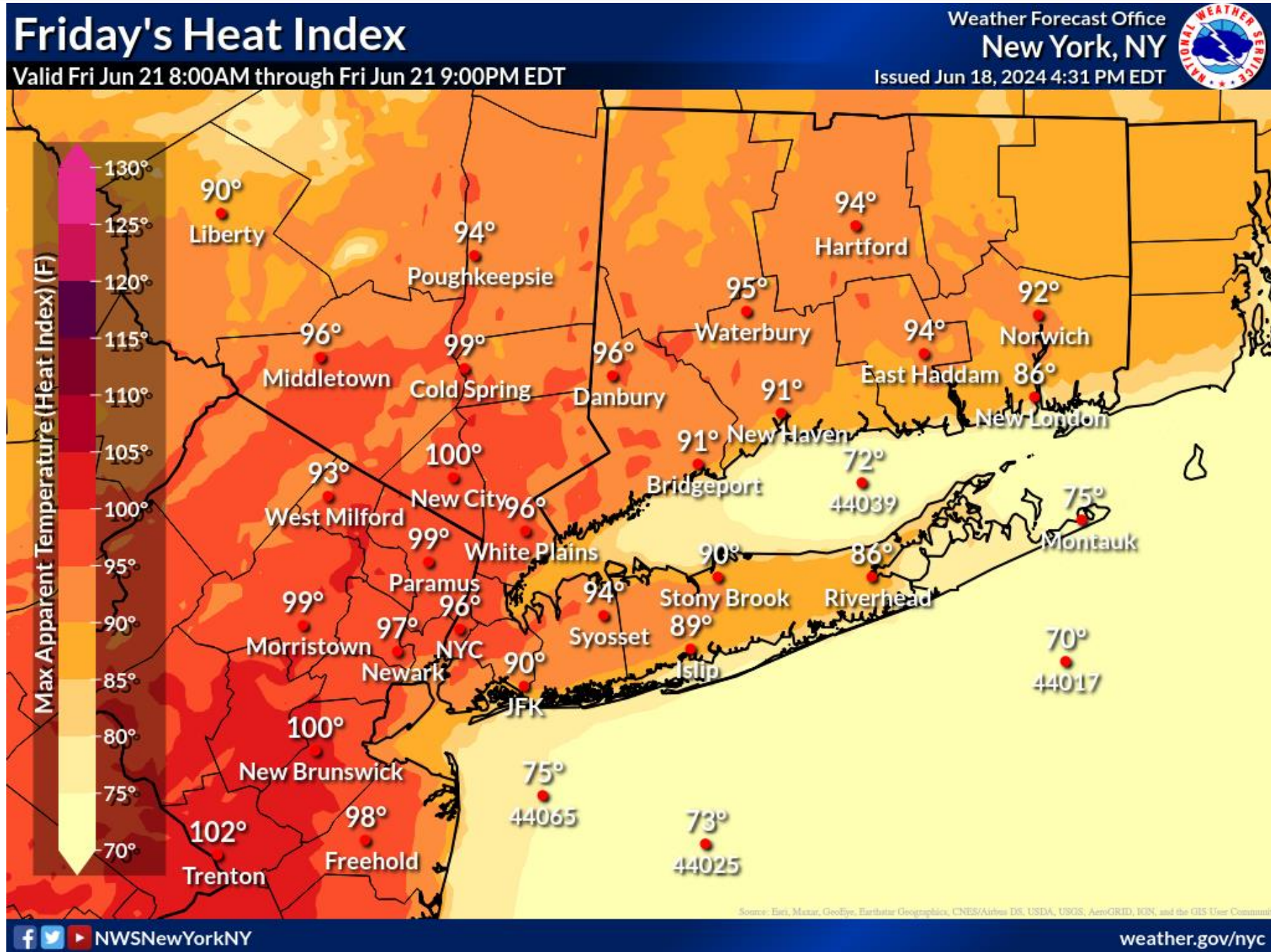
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Maximum Heat Index

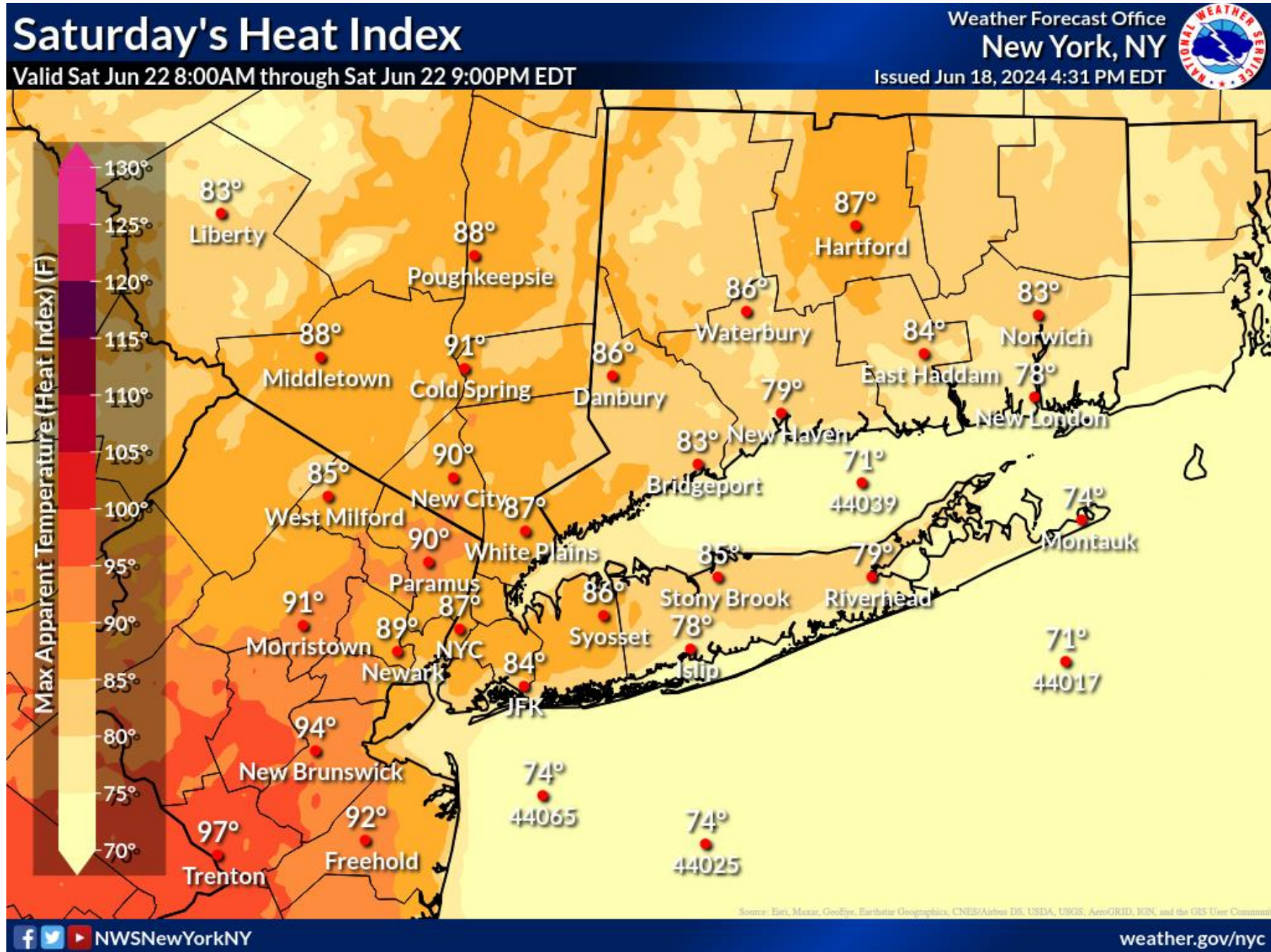
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Maximum Heat Index

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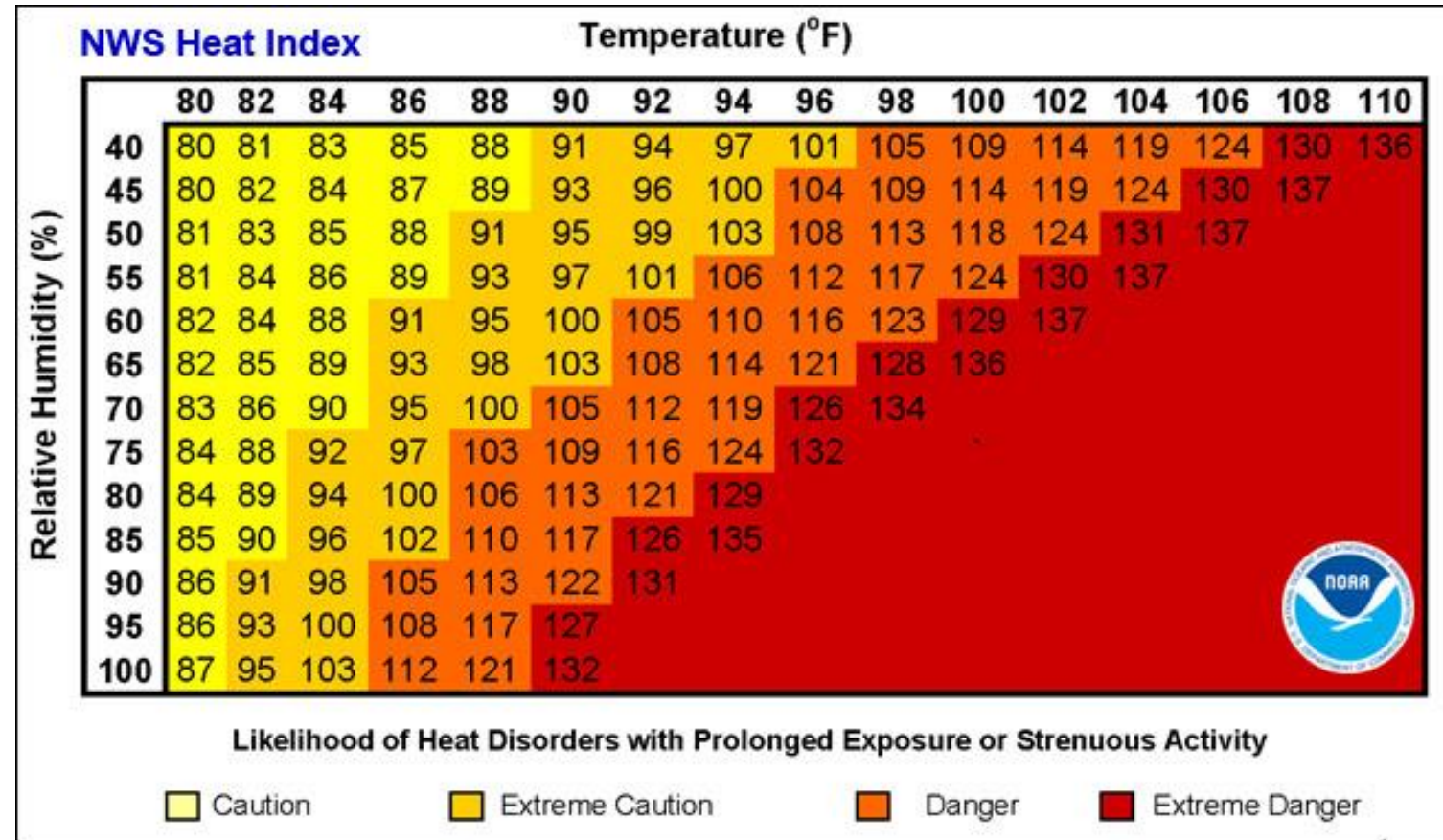




NWS Heat Index and Effects

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