

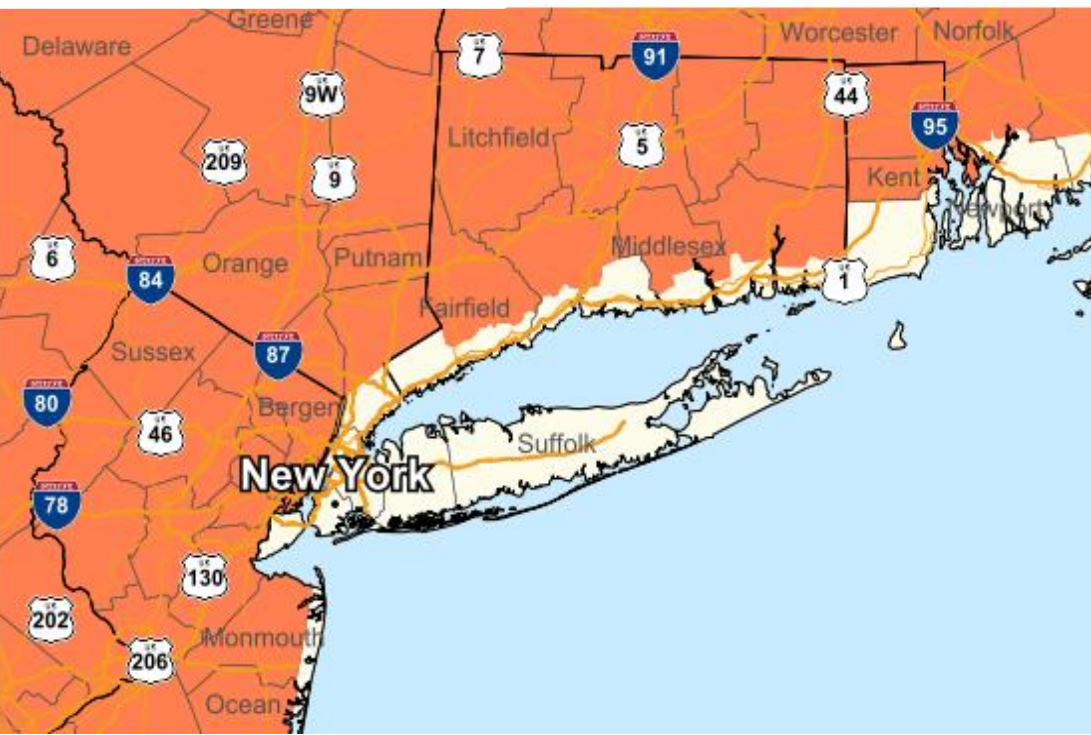


# Hot and Humid Weather Continues This Week

June 19, 2024  
4:40 AM

## Key Messages

- Hot and humid conditions will produce maximum heat index values between 95 and 100 degrees today and Thursday in the advisory area.
- Heat advisories may need to be extended into Friday for some areas. There's still a chance it could be expanded to include the NYC Metro Thursday and Friday.



Heat Advisory  
Excessive Heat Watch

Graphic Created  
June 19th, 2024  
4:11 AM EDT



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

### 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 warmer 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* today at noon.
- Air Quality Alerts are in effect for Northeastern NJ, the Lower Hudson Valley, Southwestern CT, and New York City from 11 am to 11 pm.
- Air Quality Alert in effect for Southwestern CT from 11 am to 11 pm Thursday as well.

### FORECAST CHALLENGES

- Potential cloud cover and showers on Friday could lead to lower high temperatures and heat indices than currently forecasted.

### NEXT BRIEF

By 6pm today.

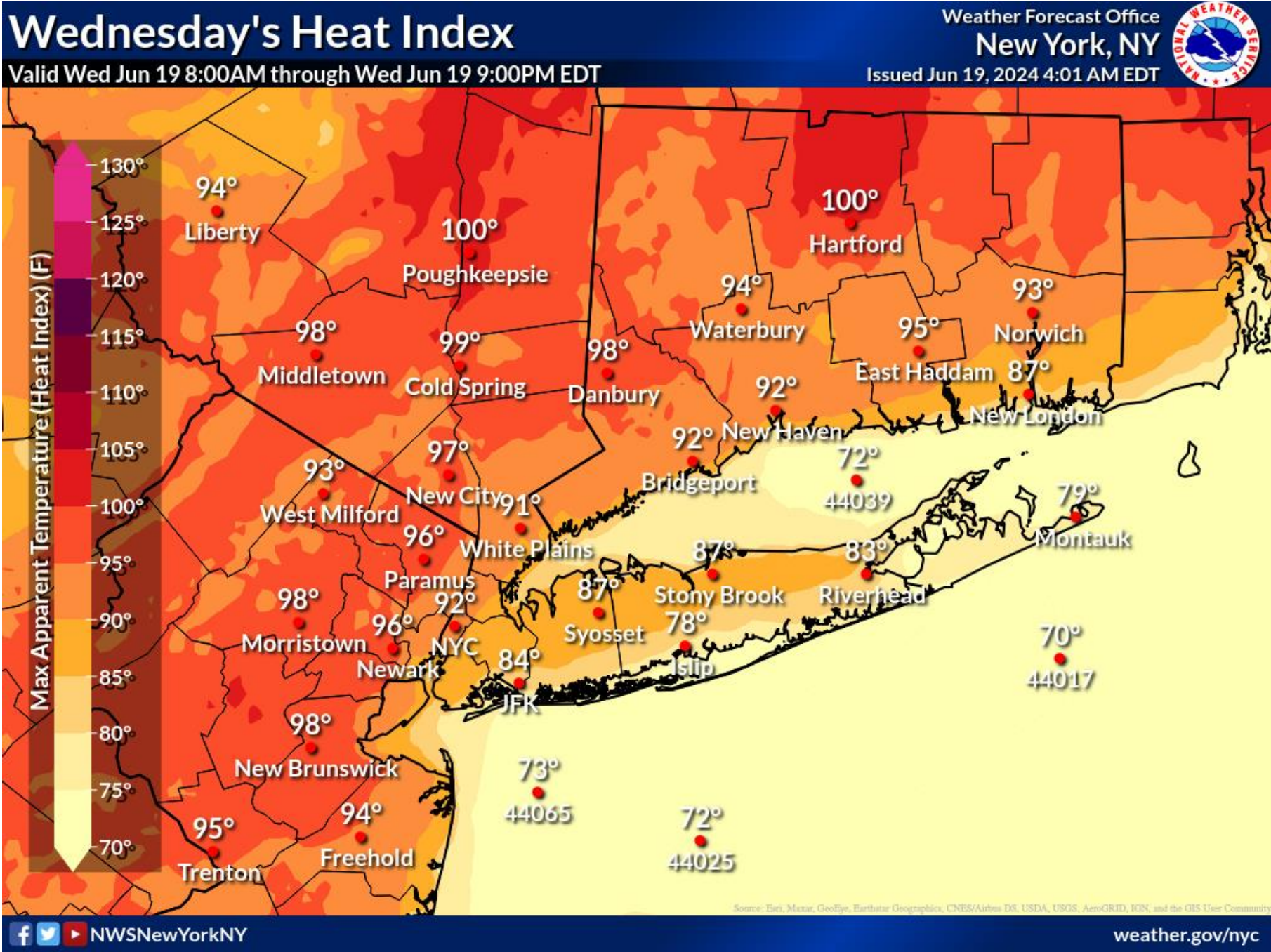
National Weather Service  
New York, NY





# Maximum Heat Index

June 19, 2024  
4:40 AM



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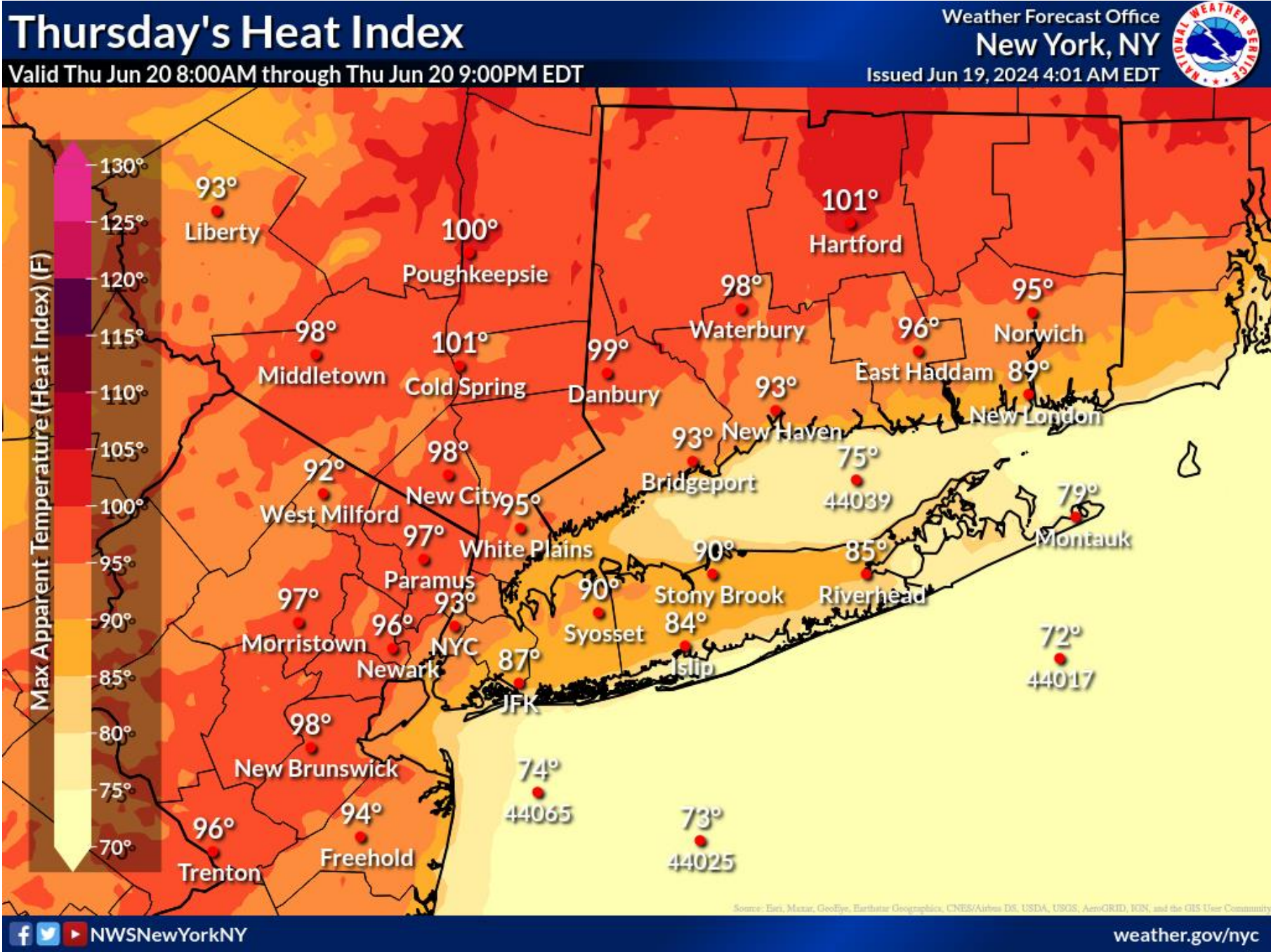
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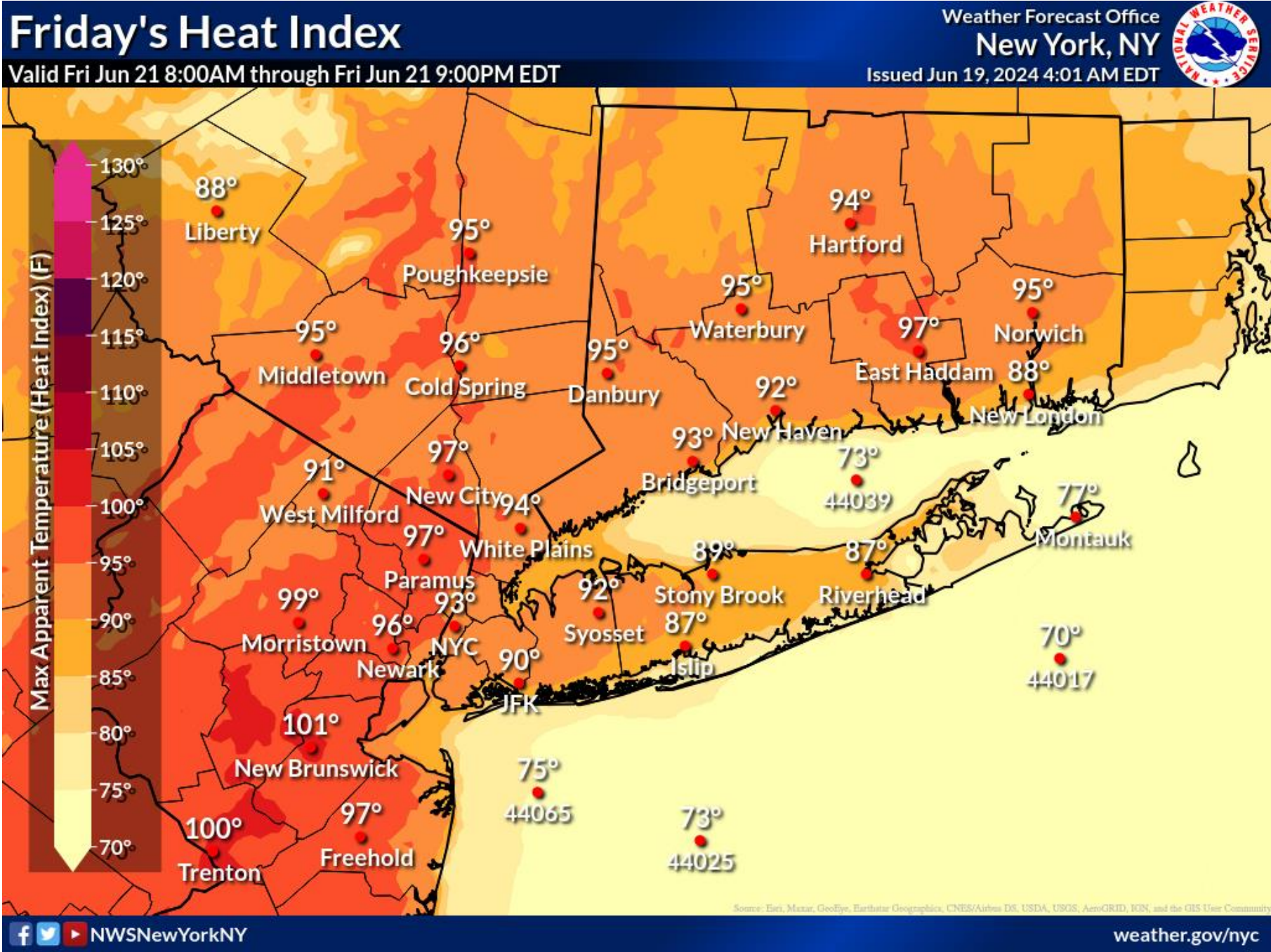
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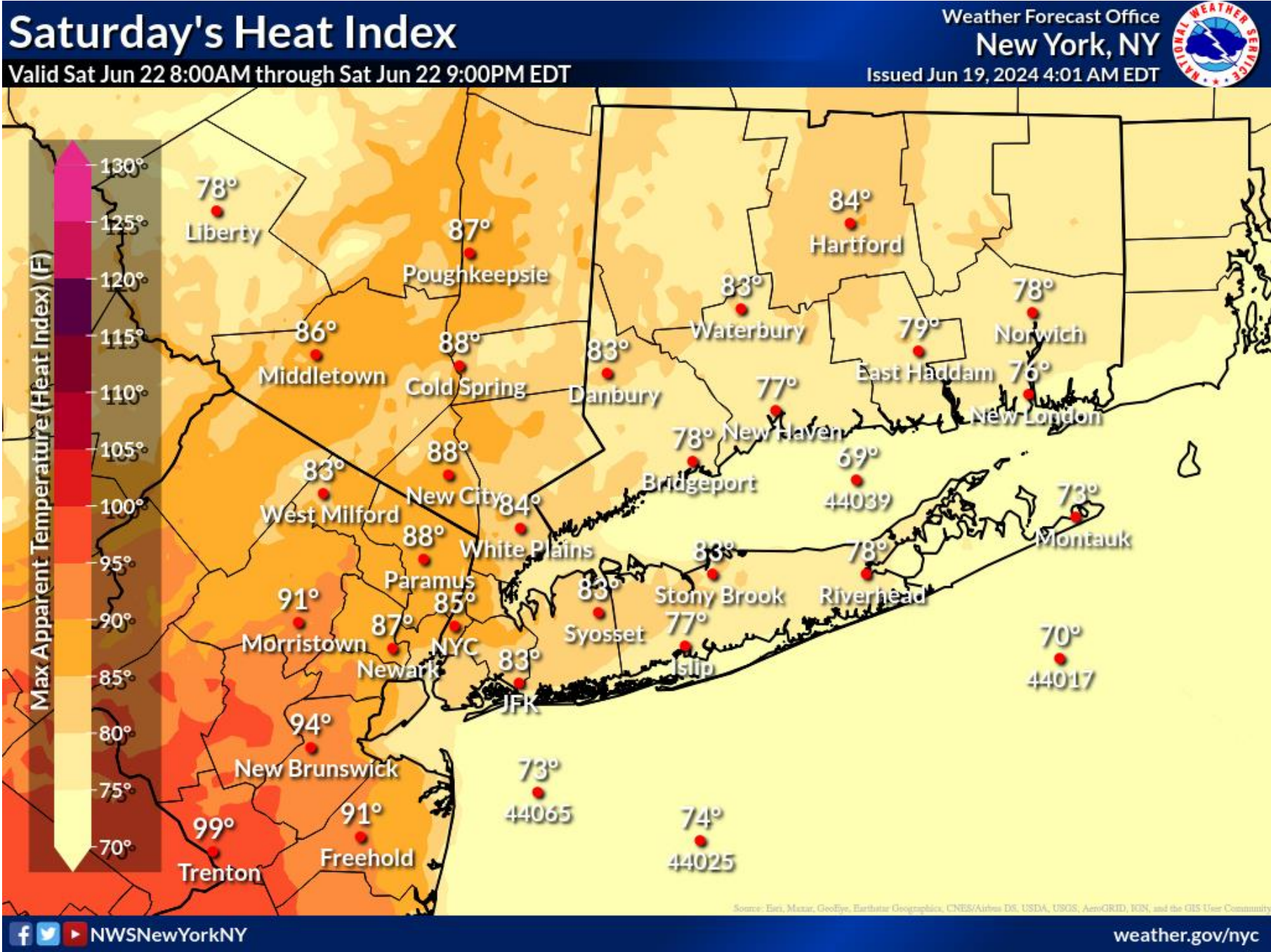
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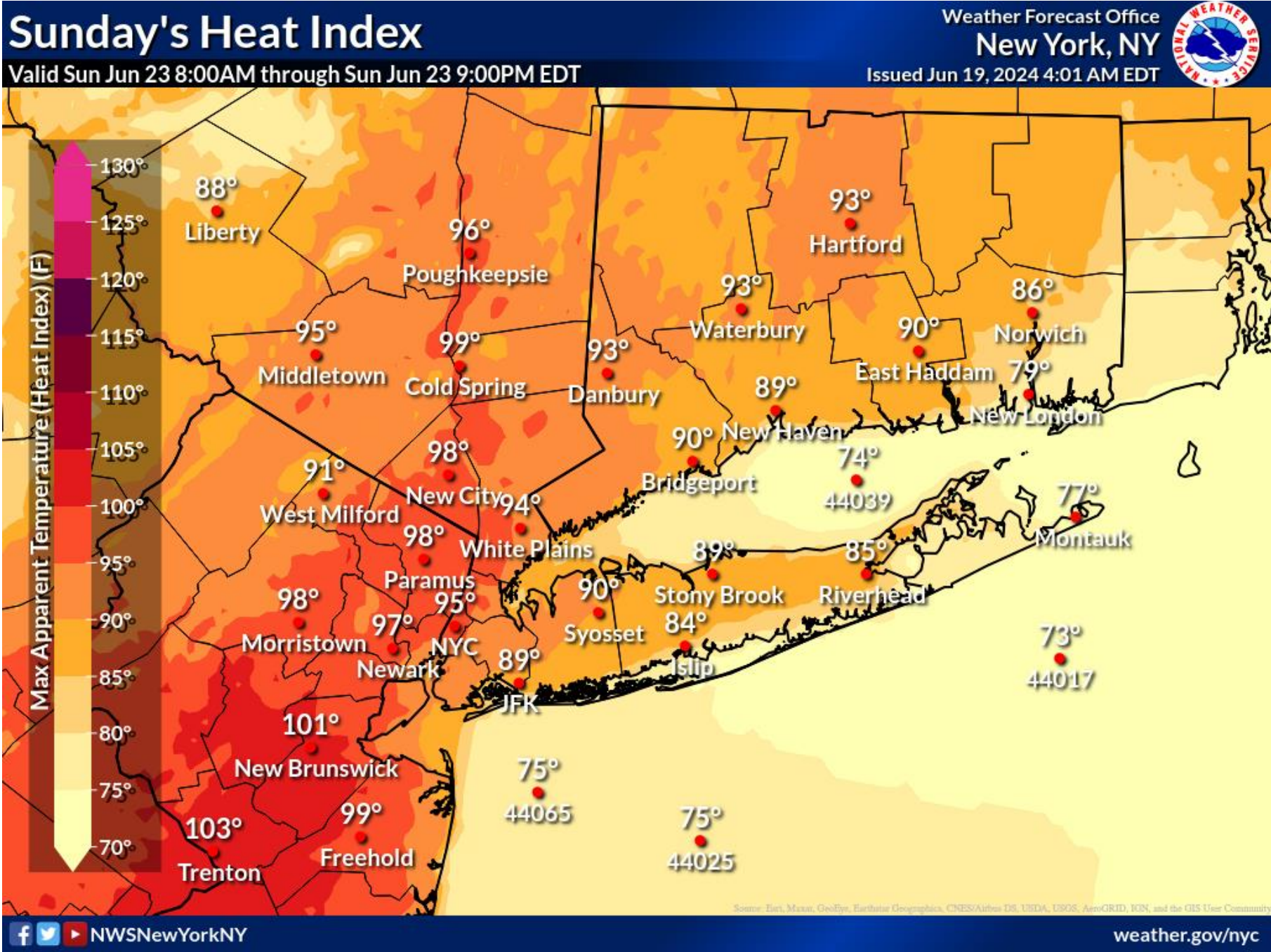
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New York, NY





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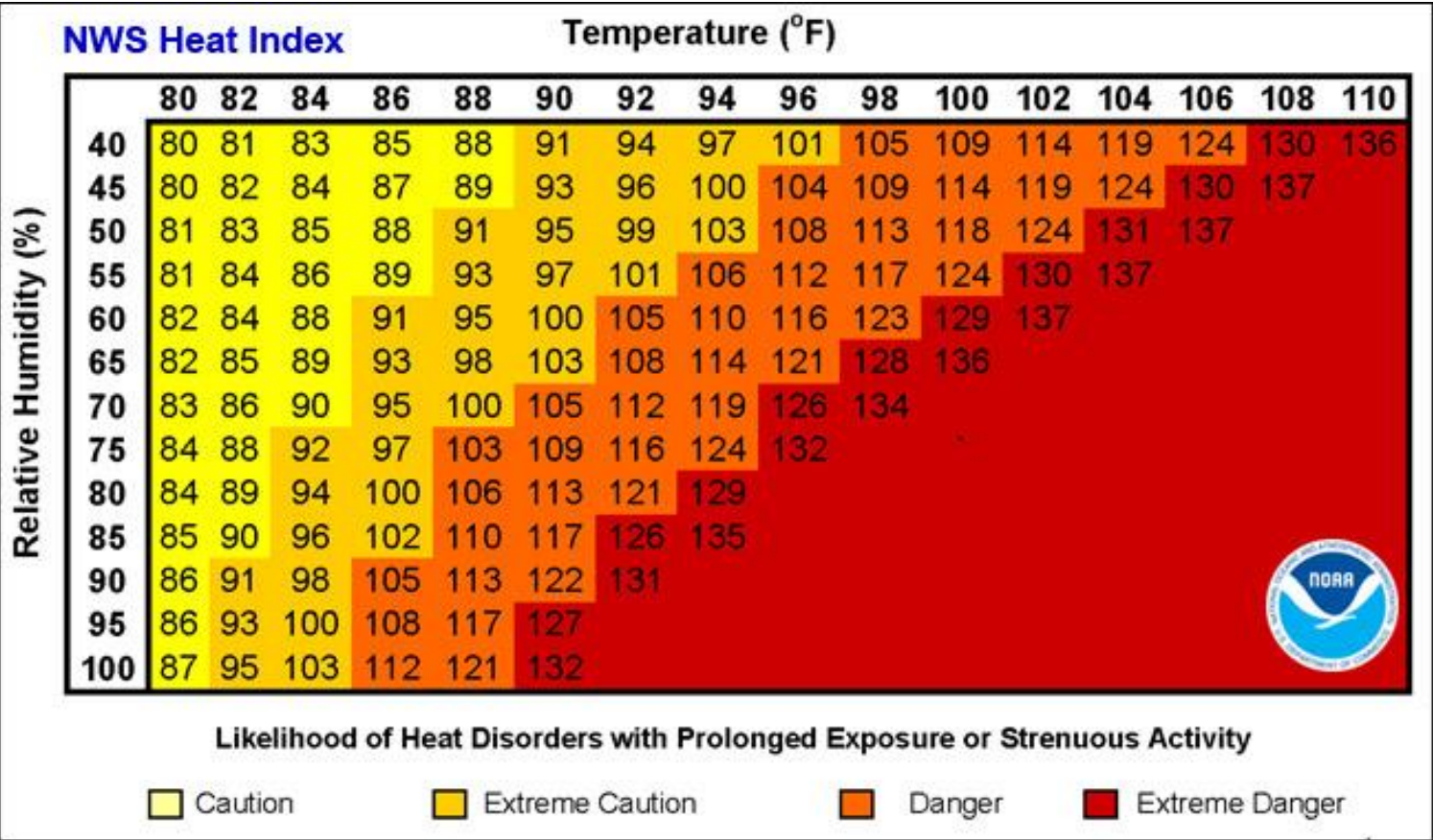
National Weather Service  
New York, NY





# 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](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

