



Hot and Humid Weather Continues

June 20, 2024
5:21 AM

Key Messages

- Heat advisories continue today and Friday.
- Heat advisories may need to be extended into this weekend for portions of the area.

HAZARDS & IMPACTS

Max Heat Indices: Mostly 95-100 across the advisory area. Some areas as high as 101-104.

Low Temperatures: Mostly upper 60s to mid 70s.

Timing: Max heat indices between noon and 8pm both days.

Impacts: There is an increased risk of heat-related illness for vulnerable populations with this event.

NWS ALERTS

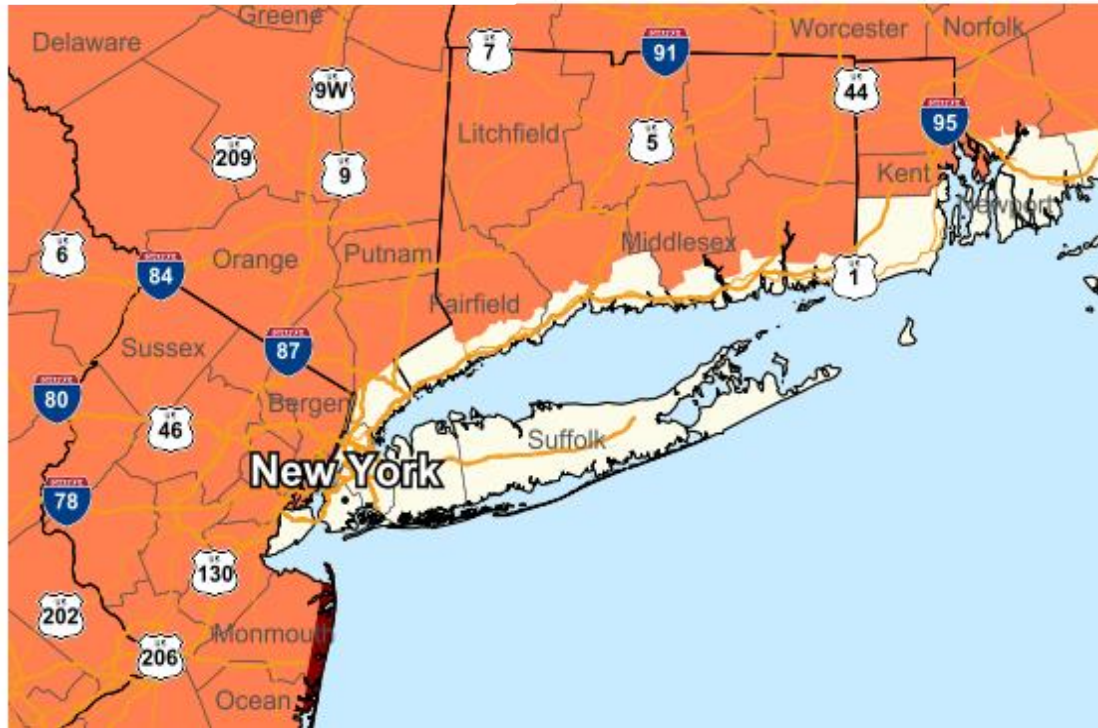
- Heat advisories now in effect until 8pm Friday for NE NJ, most of the Lower Hudson Valley and Interior Southern CT, except Northern Middlesex and Northern New London Counties where they are in effect until 8pm tonight.
- Air Quality Alerts are in effect for Northeastern NJ, the Lower Hudson Valley, New York City, Long Island and most of Southern CT from 11 am to 11 pm today.

FORECAST CHALLENGES

- For today, dewpoints might be higher than currently forecast, leading to widespread heat indices of at least 95 in areas currently not under an advisory.
- Potential cloud cover with showers and possible storms on Friday could lead to lower high temperatures and heat indices than currently forecast, mainly north of NYC.

NEXT BRIEF

By 6pm today.



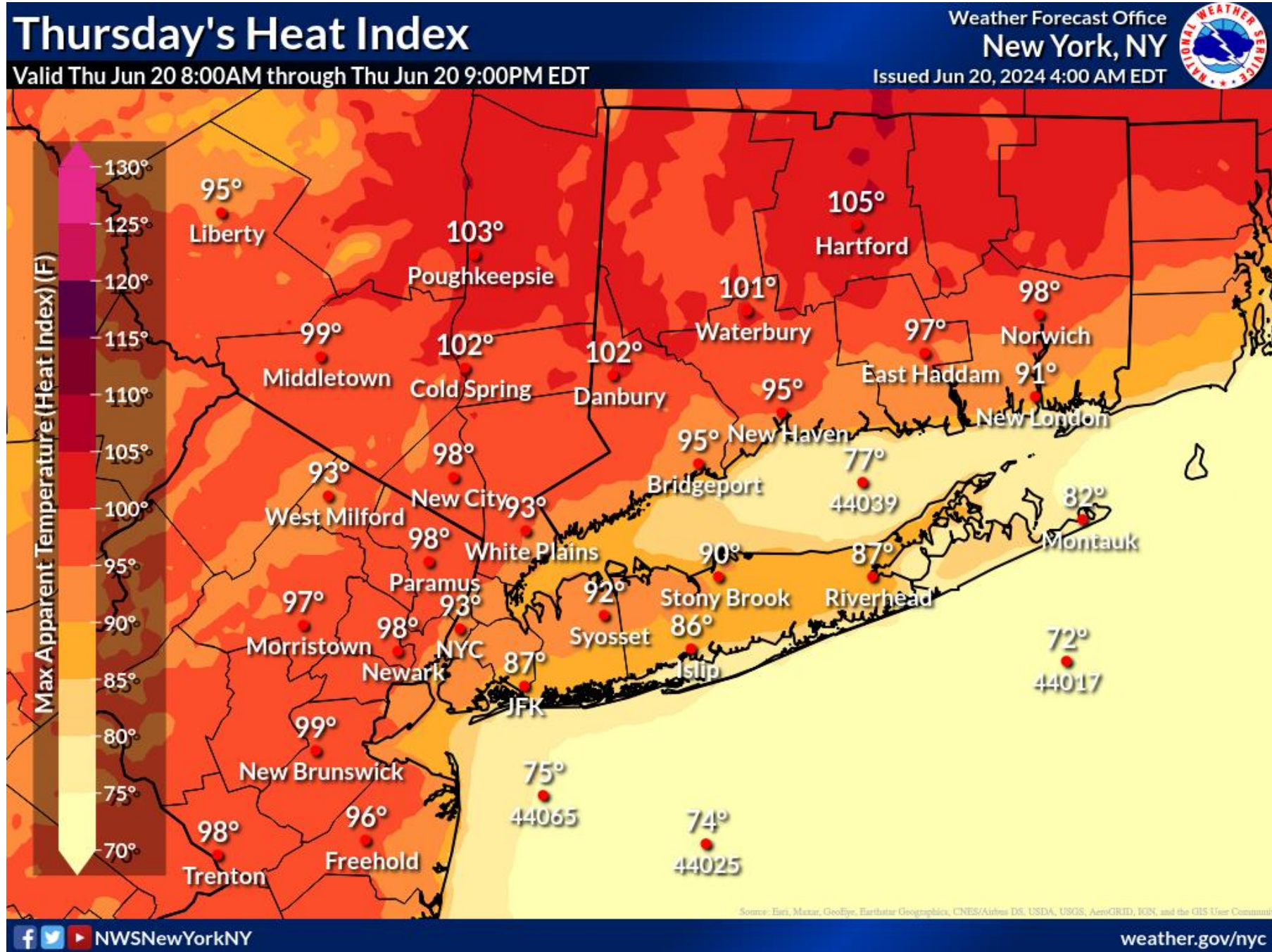
Heat Advisory
Excessive Heat Watch

Graphic Created
June 20th, 2024
4:53 AM EDT



Maximum Heat Index

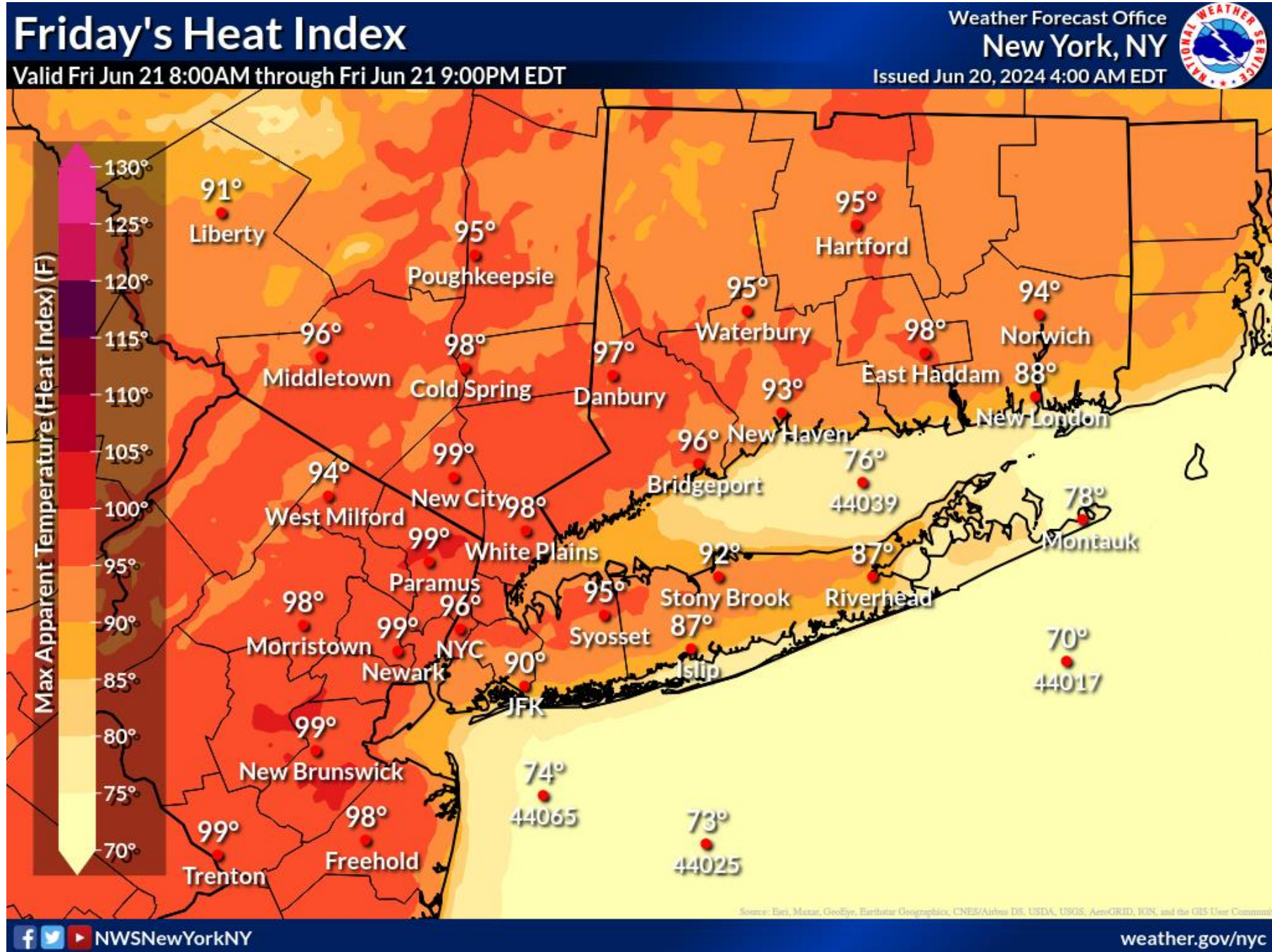
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Maximum Heat Index

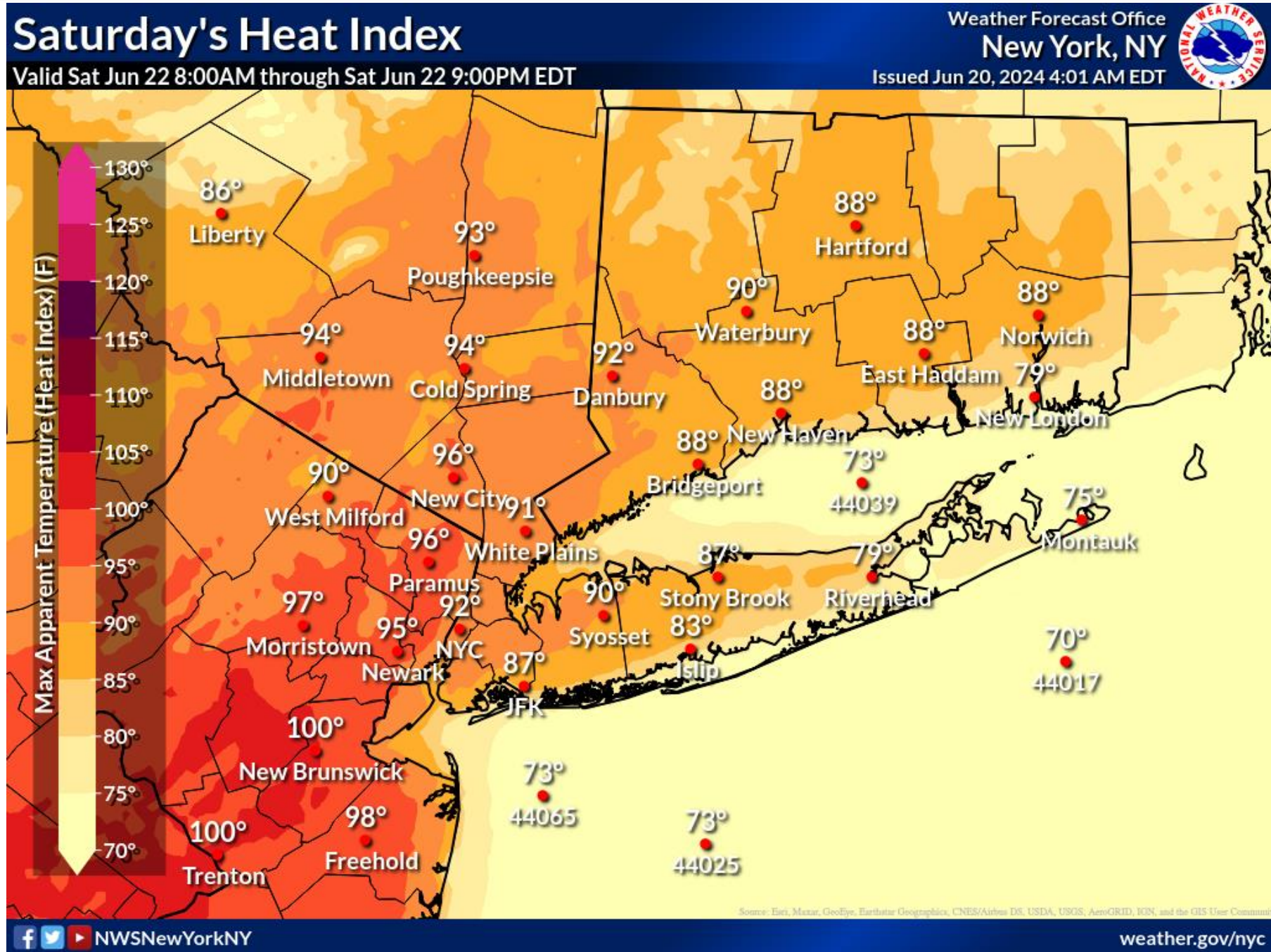
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Maximum Heat Index

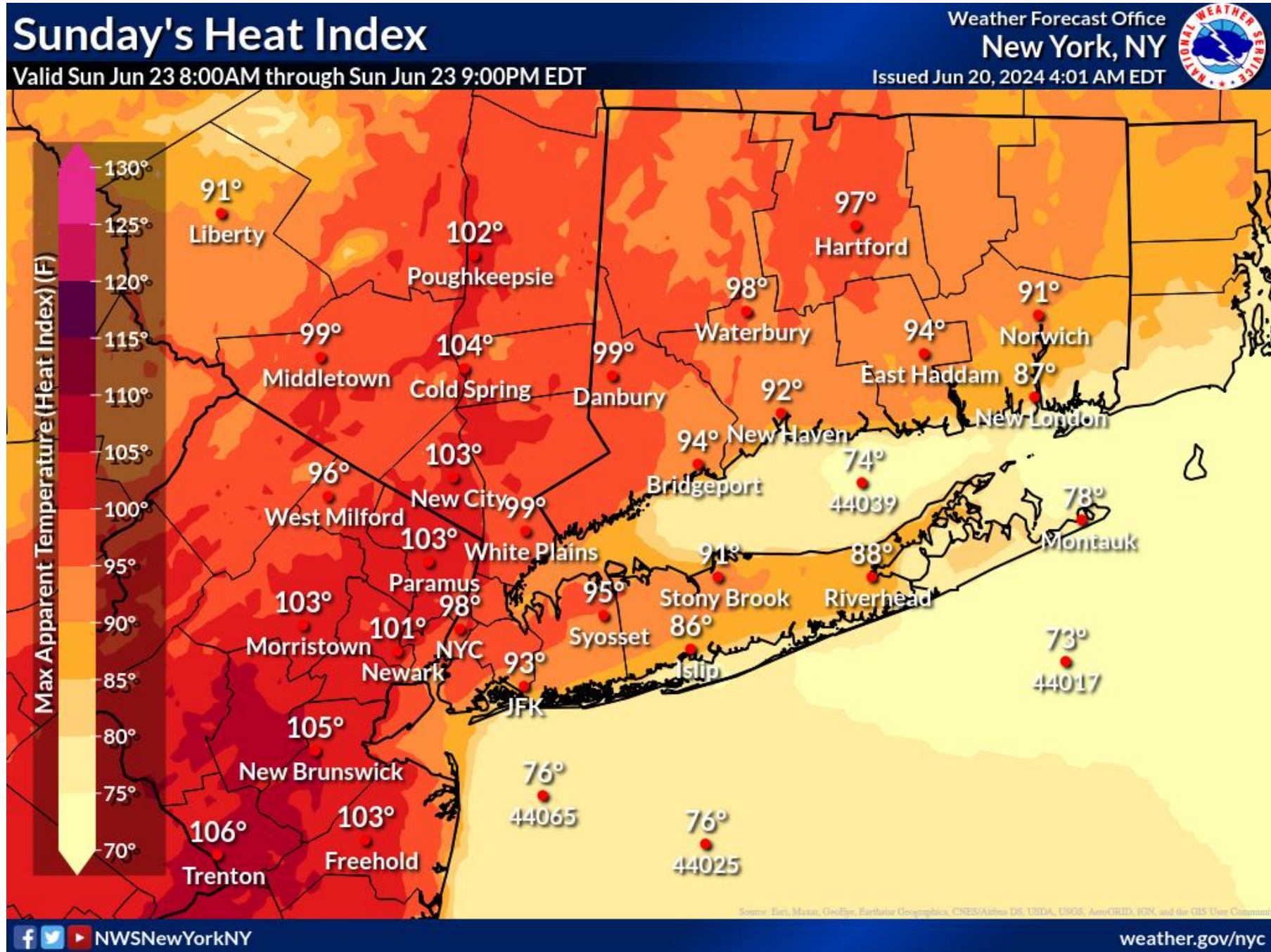
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Maximum Heat Index

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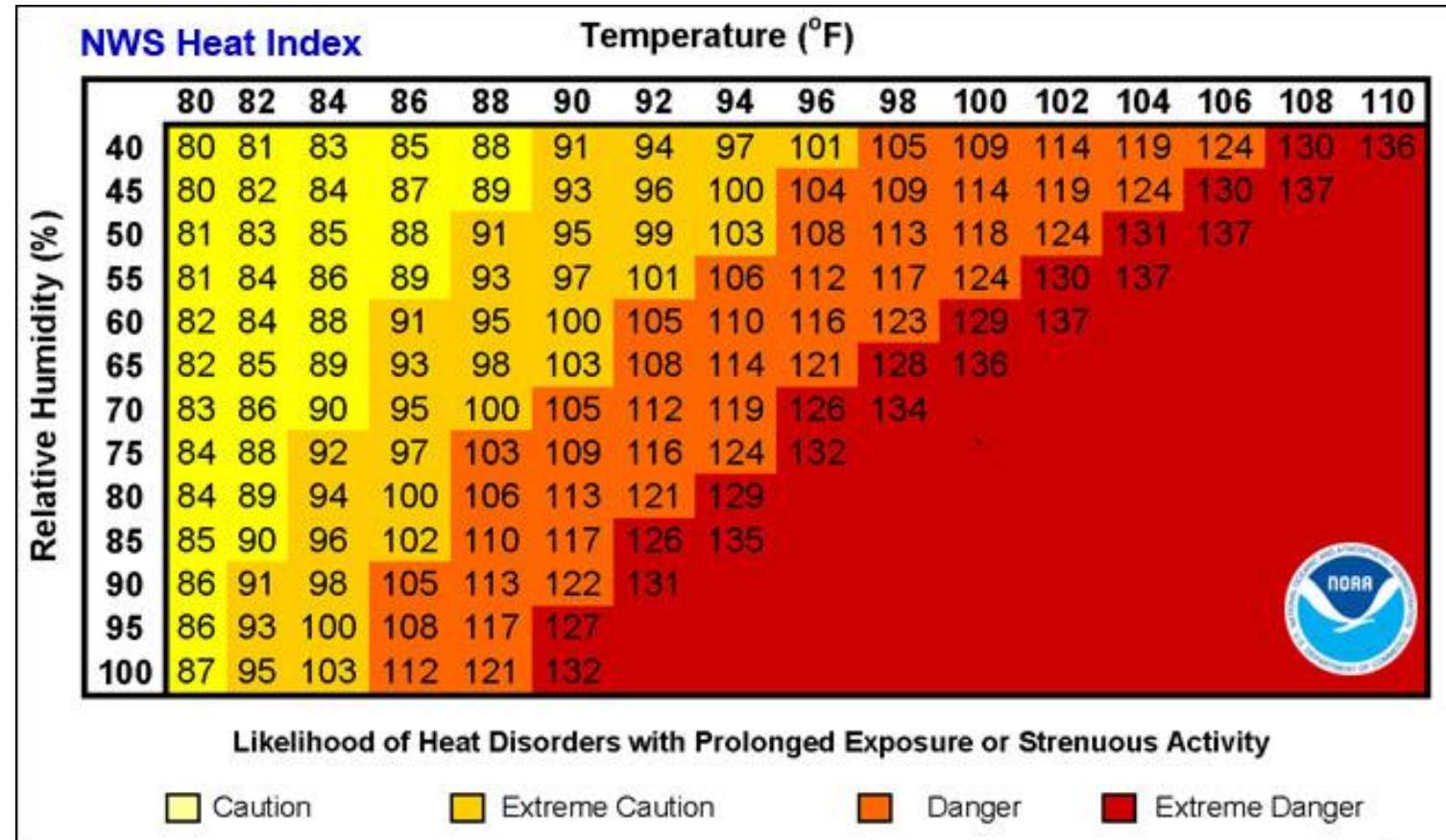




NWS Heat Index and Effects

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