



Hot and Humid Weather Continues

June 22, 2024
6:29 AM

Key Messages

- Heat advisories continue today and Sunday for portions of the area.
- Heat advisories may need to be extended into Sunday for other portions of the area.



Excessive Heat Warning
Heat Advisory

Graphic Created
June 22nd, 2024
6:29 AM EDT

HAZARDS & IMPACTS

Max Heat Indices: Mostly 95-100 across the advisory area. Some areas as high as 101-104, mainly for NE NJ and the Lower Hudson Valley Saturday and Sunday. Isolate areas in NE NJ may reach 105 or slightly higher.

Low Temperatures: Mostly in the 70s tonight through Sunday night. Low chance lows may not fall below 80 in isolated spots in NYC and NE NJ.

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 until 8pm Sunday for NYC, NE NJ, the Lower Hudson Valley and Southern Fairfield County
- Air Quality Alerts are in effect today from 11am through 11 pm for the much of the tri-state (except for Interior portions of Southern CT).
- Air Quality Alerts are in effect for NE NJ through Sunday.

FORECAST CHALLENGES

- Uncertainty of cloud cover and timing of potential showers/thunderstorms for Saturday and Sunday. Saturday's heat indices might be higher than currently forecast north of NYC.

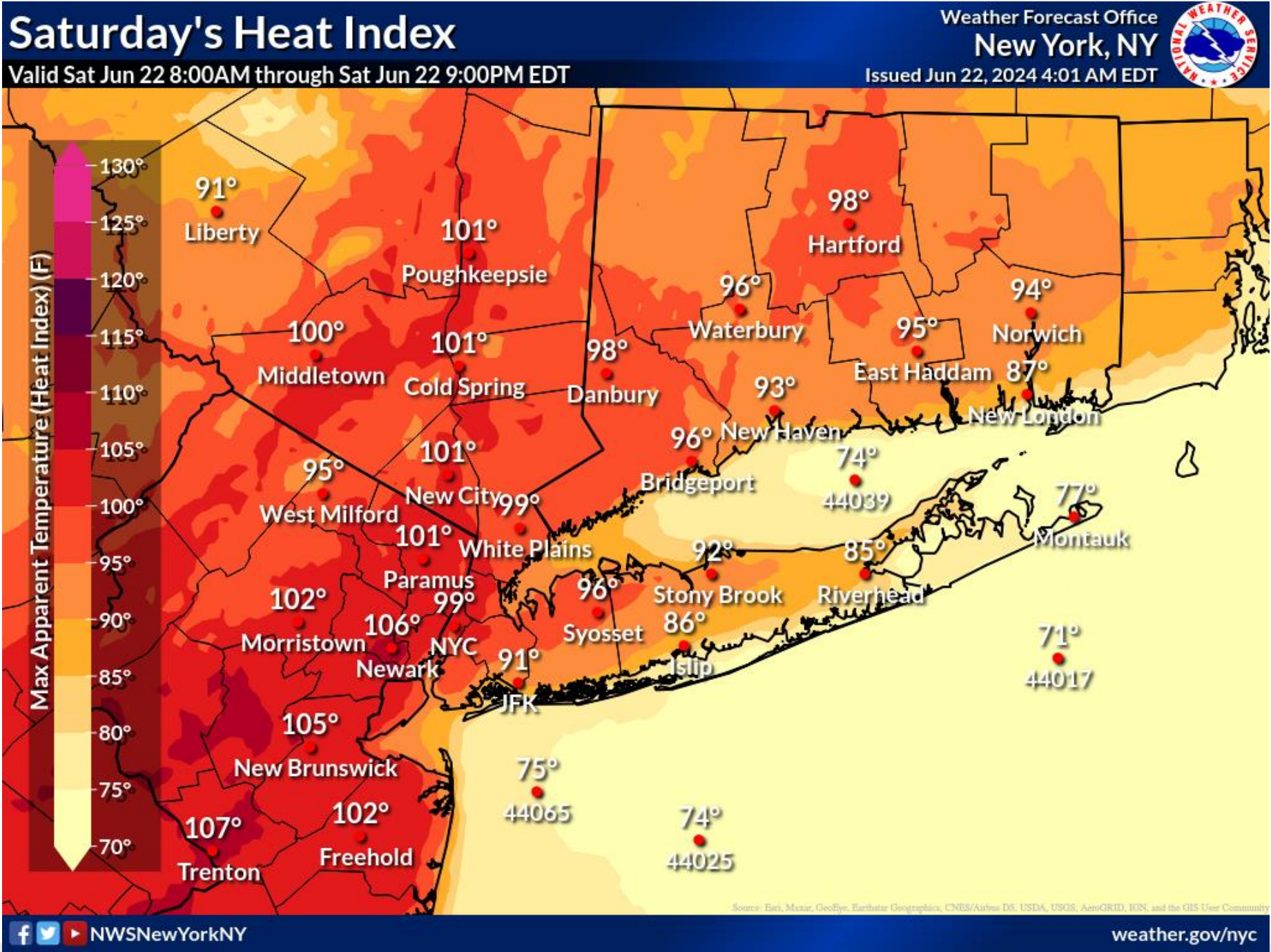
NEXT BRIEF

By 6pm today.



Maximum Heat Index

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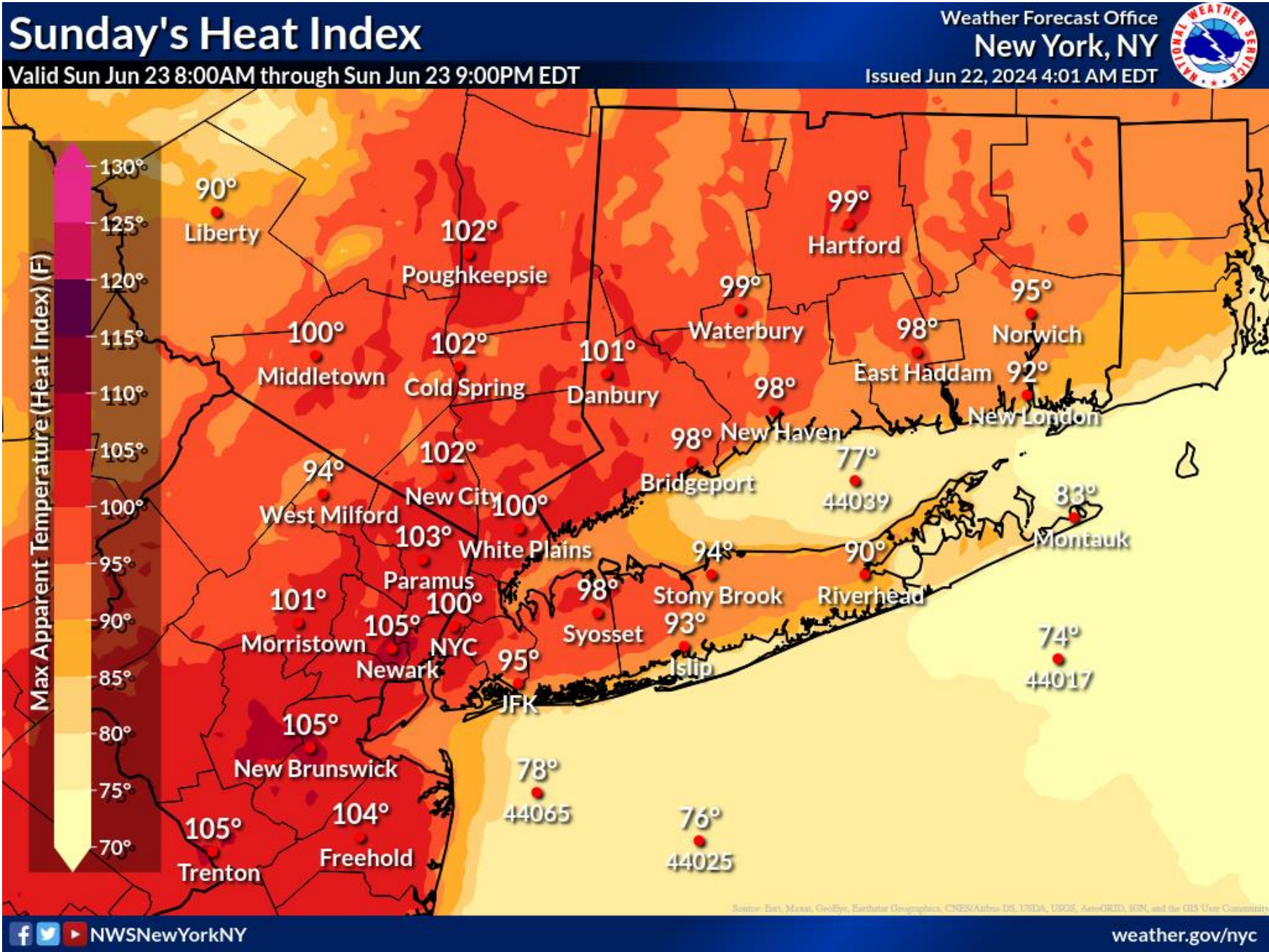
National Oceanic and
Atmospheric Administration
U.S. Department of Commerce

National Weather Service
New York, NY



Maximum Heat Index

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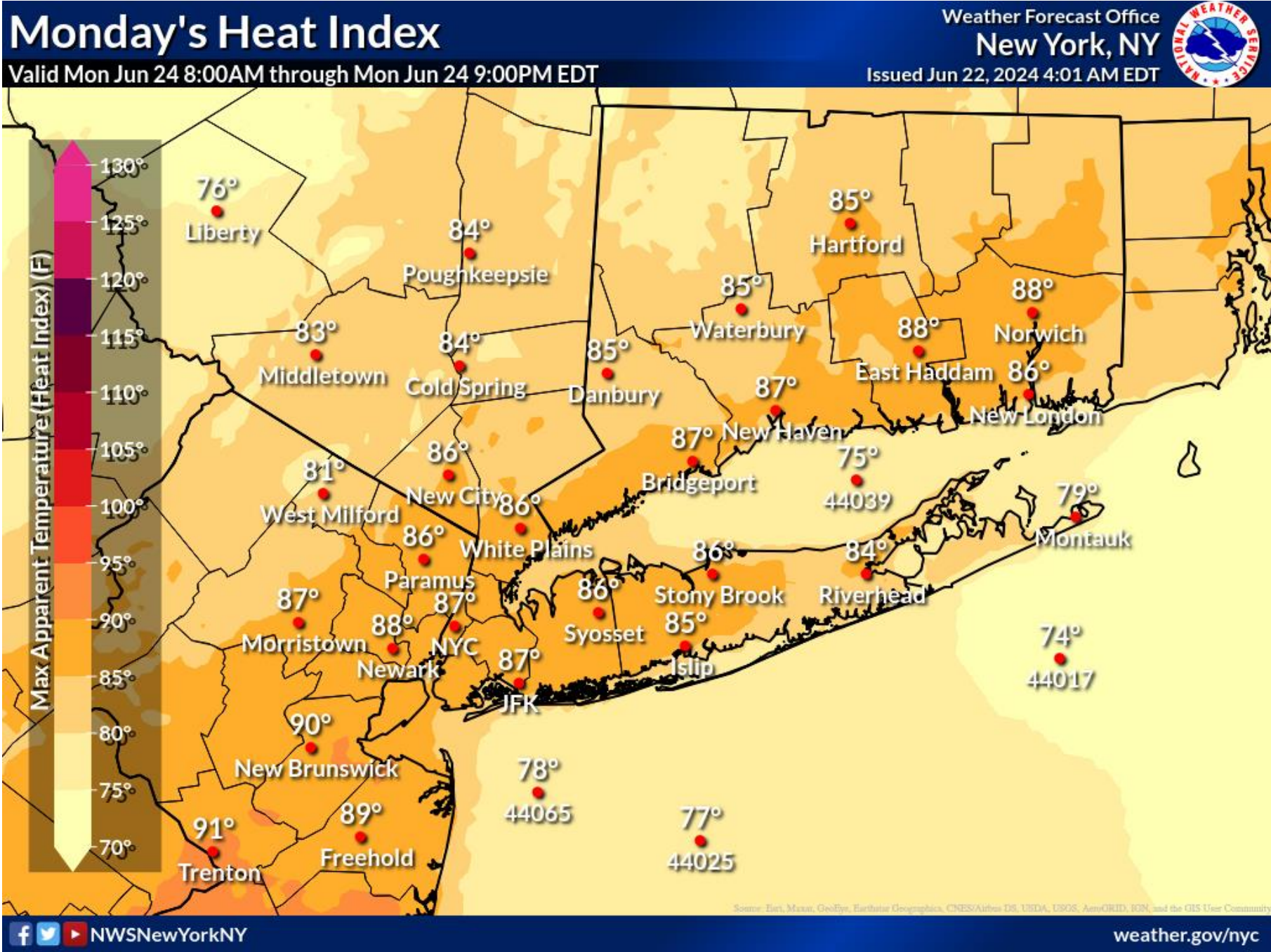
National Oceanic and
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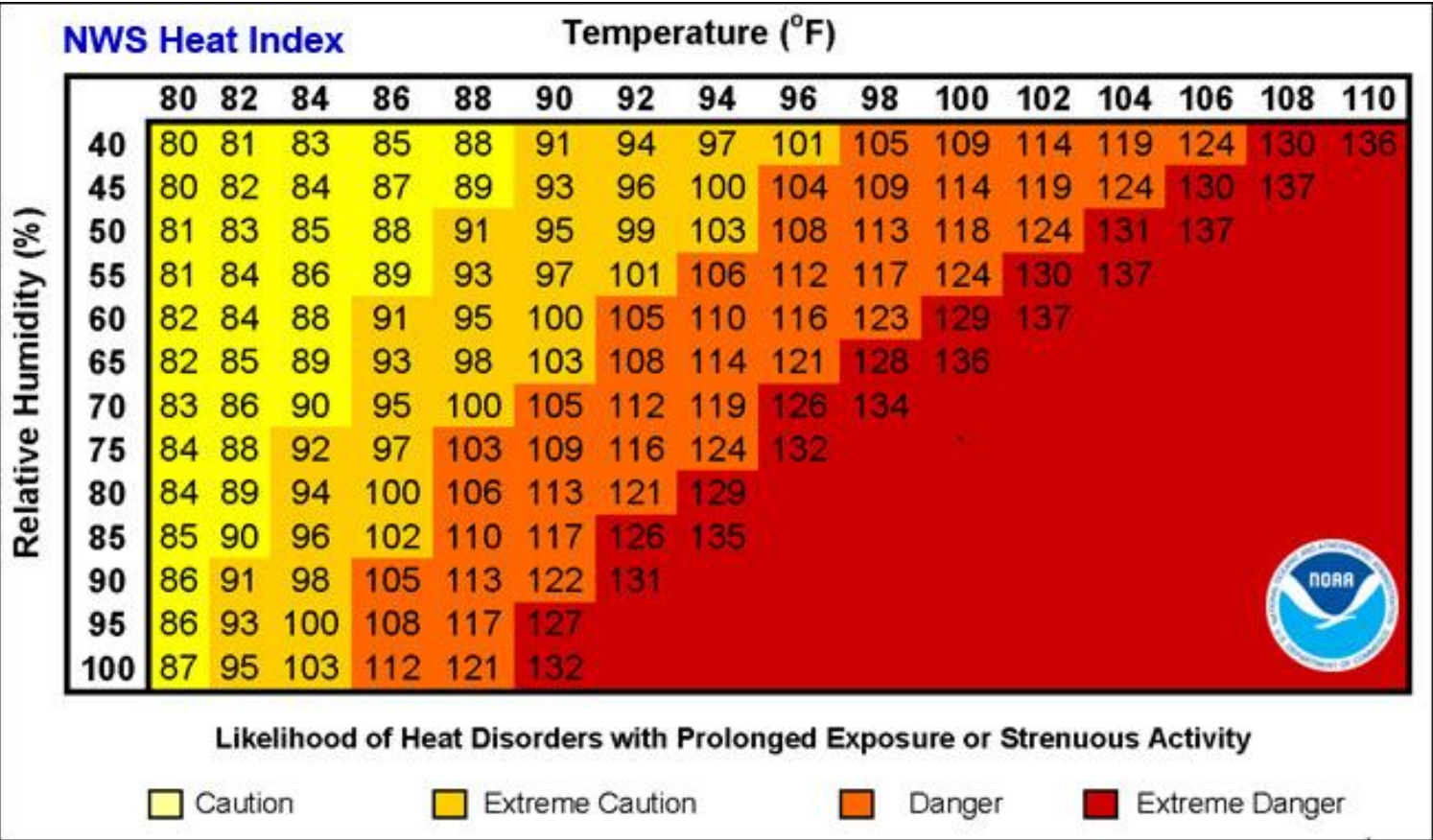
National Weather Service
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NWS Heat Index and Effects

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

