



Heat Advisory and Thunderstorms

July 7, 2024
4:02 PM

Key Messages

- Heat and humidity will be on the increase to start this week.
- Heat Advisories have been issued for Monday and Tuesday for much of the area.



Heat Advisory

Graphic Created
July 7th, 2024
3:58 PM EDT

HAZARDS & IMPACTS

Heat and Humidity

- Max Heat Indices:** 95-100F for the advisory area. Tuesday is the warmer of the two days.
- Timing:** Max heat indices occur between noon and 6 pm each day.
- Impacts:** There is an increased risk of heat-related illness for vulnerable populations.

Showers/Thunderstorms

- Isolated showers/thunderstorms are possible Tuesday. Most will not see any activity. The threat for severe thunderstorms is low.
- Timing:** 2 pm – 10 pm
- Location:** Mainly north and west of NYC.

NWS ALERTS

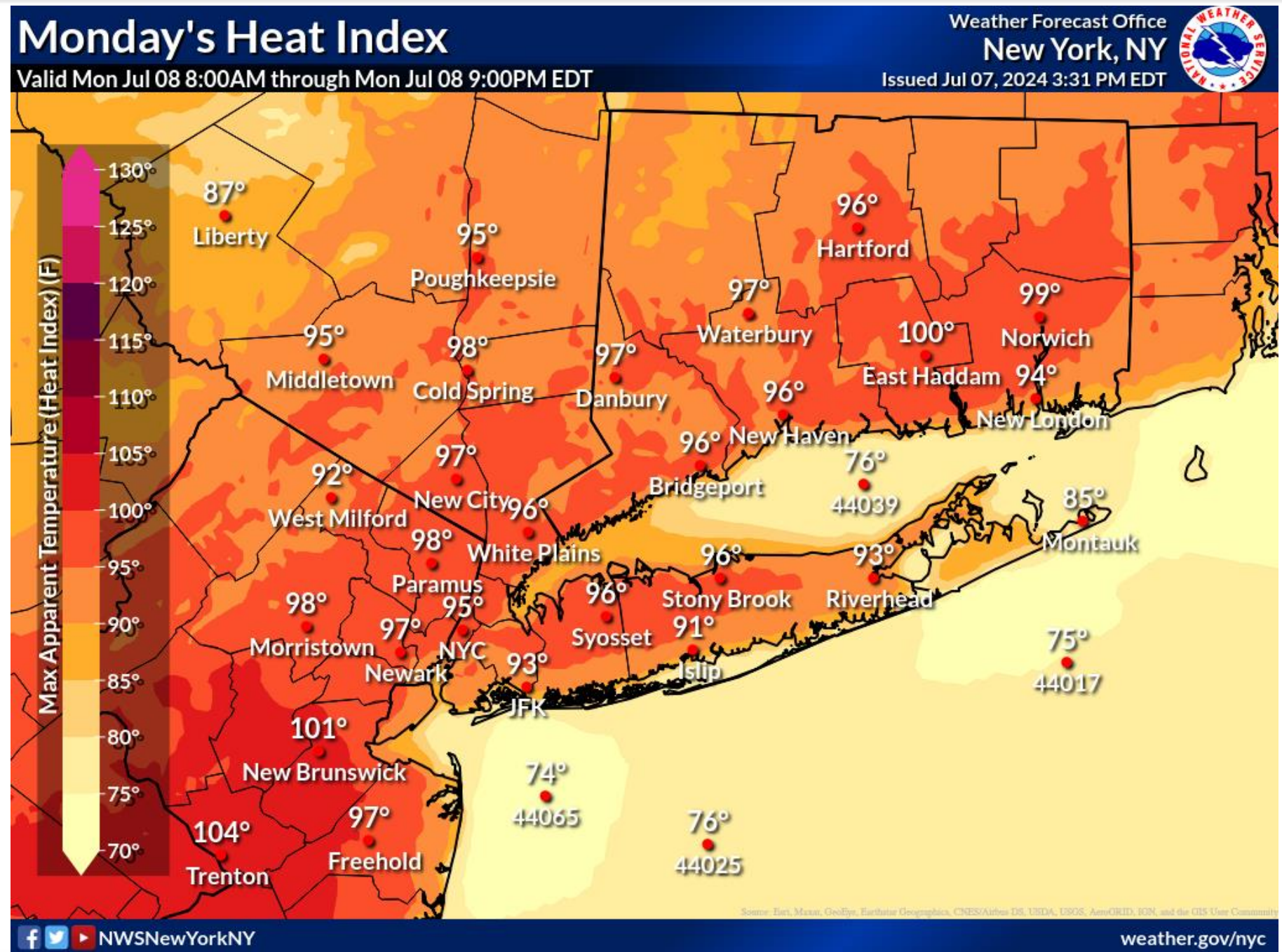
- Heat Advisories** through Tuesday for NE NJ, NYC, Lower Hudson Valley/Westchester, Northern Nassau and NW Suffolk, and all of southern CT except coastal New London/Middlesex.
- Air Quality Alerts** from the state agencies are in effect for most of the area Monday, except southeast coastal CT for ground level ozone.

NEXT BRIEF

The next briefing will be by 6pm Monday unless significant changes to the forecast occur.

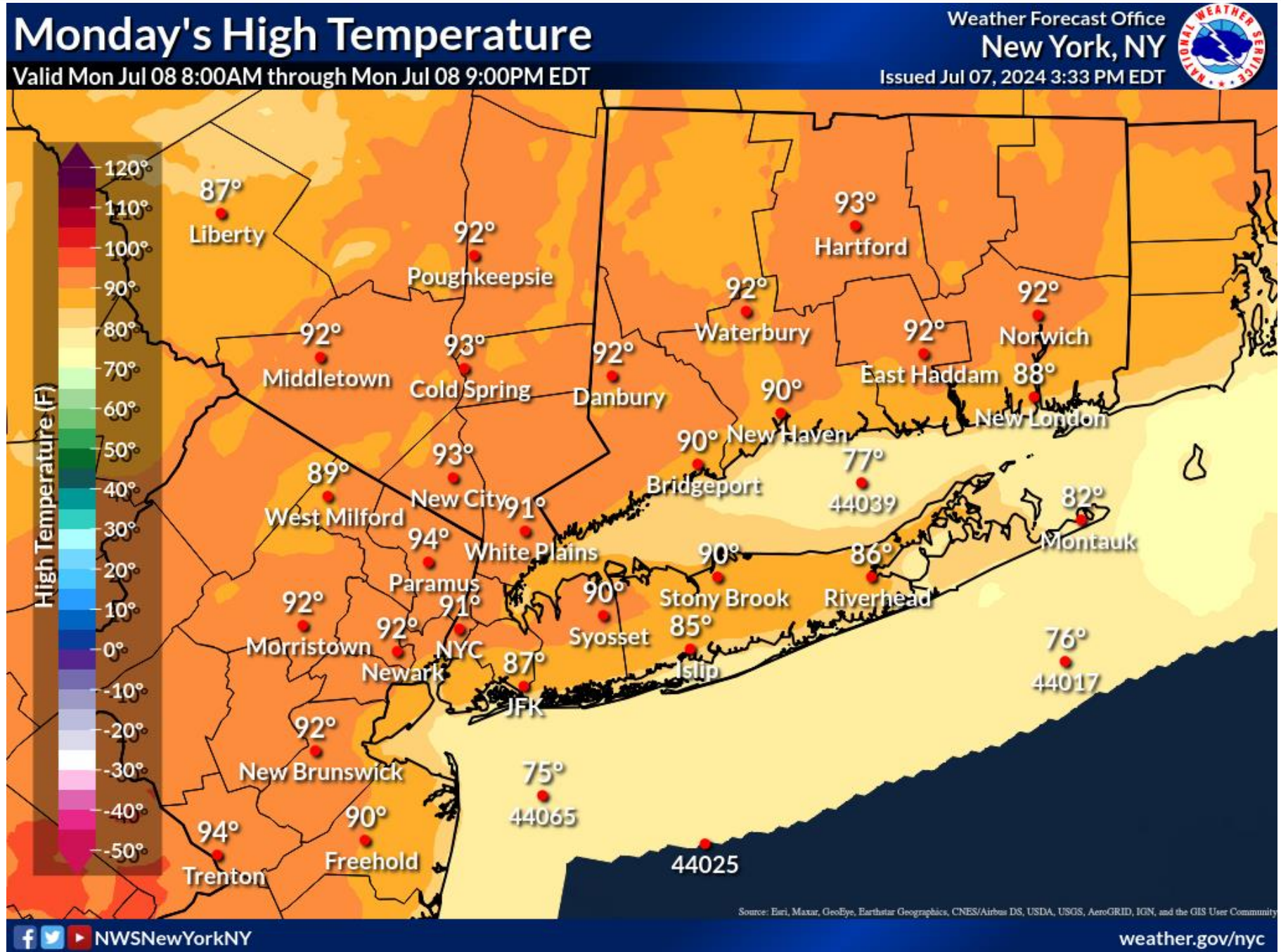


Maximum Heat Index



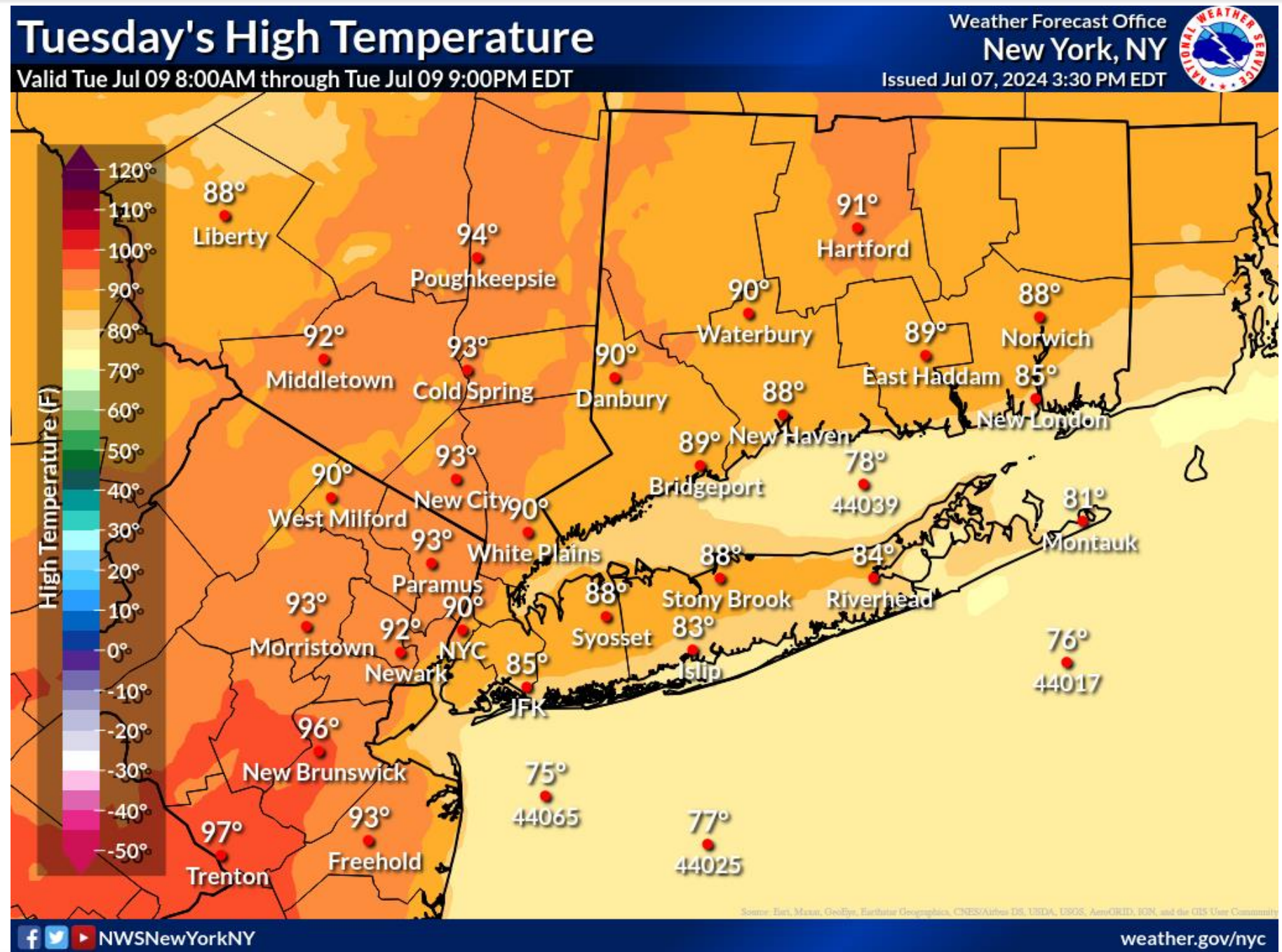


High Temperatures





High Temperatures





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

