



## Key Message

- Heat and humidity continue into Wednesday.

HAZARDS & IMPACTS

### Heat and Humidity

- Max Heat Indices:** Mostly upper 90s to lower 100s. Isolated spots in northeastern NJ hitting 105F possible Wednesday afternoon.
- Timing:** Max heat indices occurring in the afternoon.
- Impacts:** There is an increased risk of heat-related illness for vulnerable populations.

### Thunderstorm and Heavy Precipitation Potential

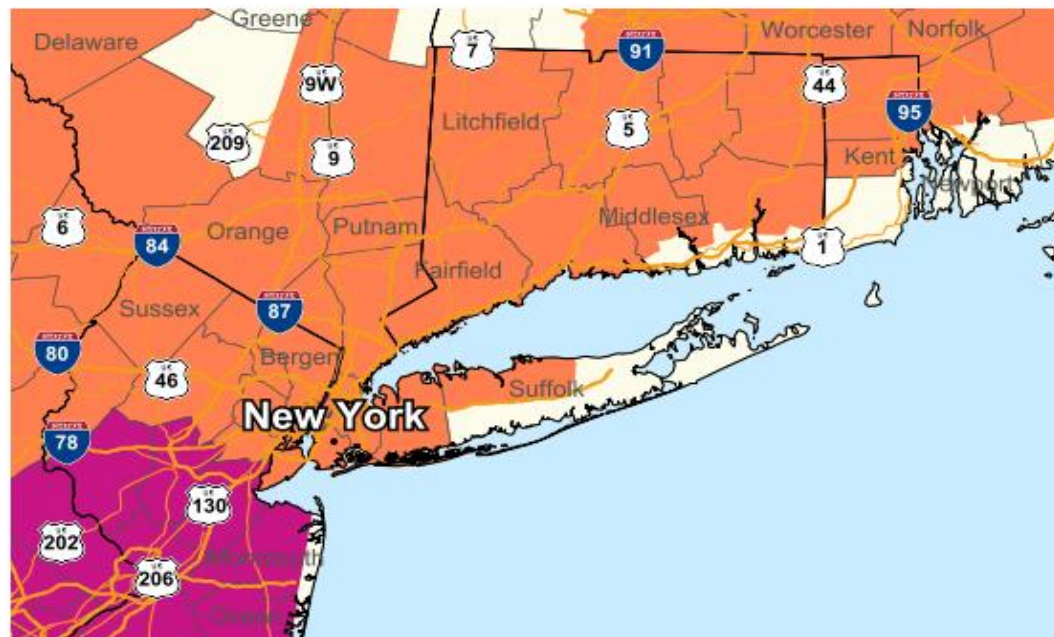
- Showers and thunderstorms are possible into this evening, mainly from NYC to points north and west. An isolated severe thunderstorm is possible.
- Localized flash flooding is possible.

NWS ALERTS

- Heat Advisories** through Wednesday for NE NJ, NYC, Lower Hudson Valley, and all of southern CT except coastal New London/Middlesex, through today for all of Nassau, NW Suffolk.
- Air Quality Alerts** from state agencies for portions of S CT, all of NYC metro and parts of Lower Hudson Valley for ground level ozone today into this evening.

NEXT BRIEF

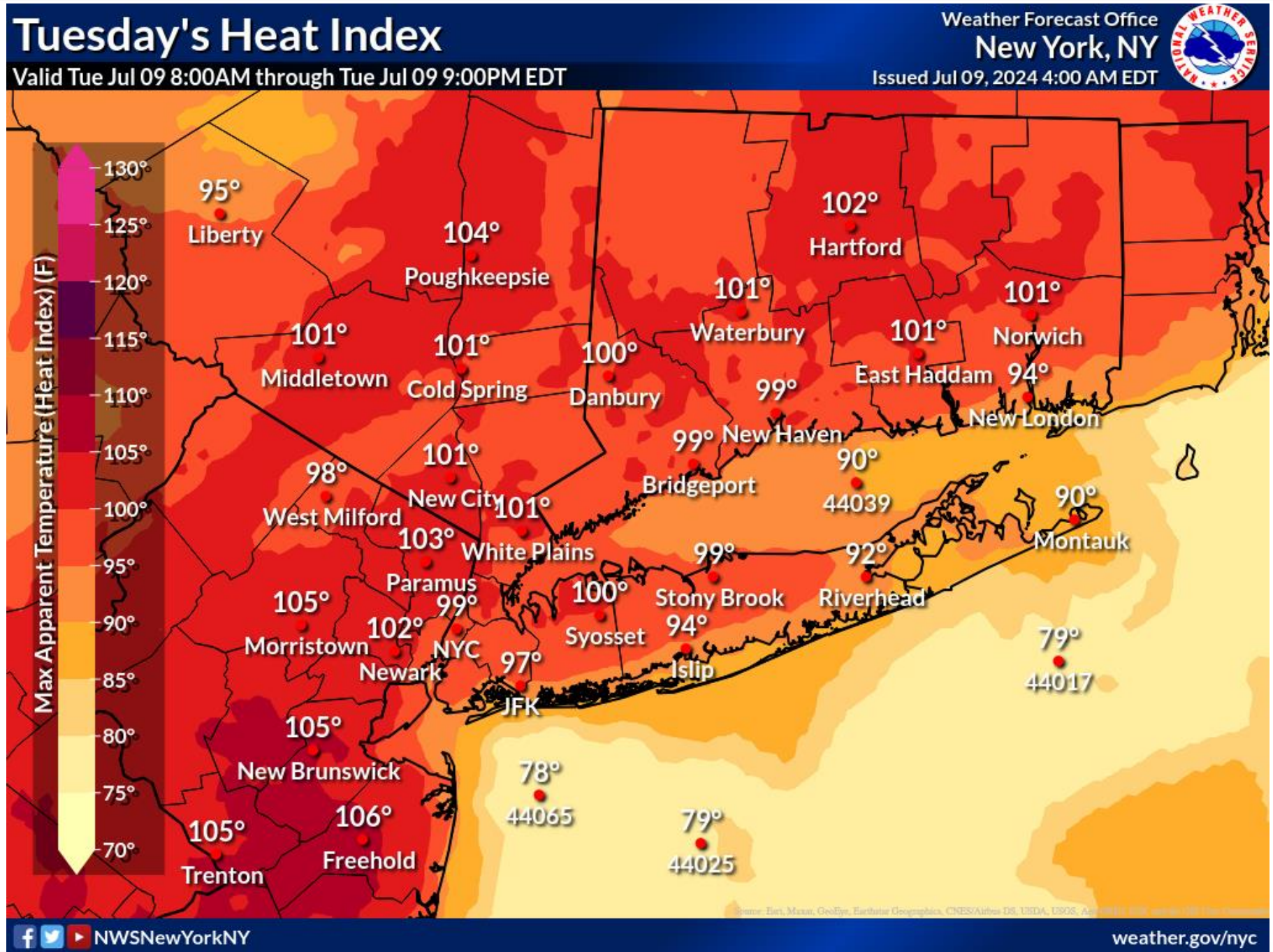
This will be the last briefing for this heat event unless there are significant changes to the forecast.



Graphic Created  
July 9th, 2024  
4:13 PM EDT

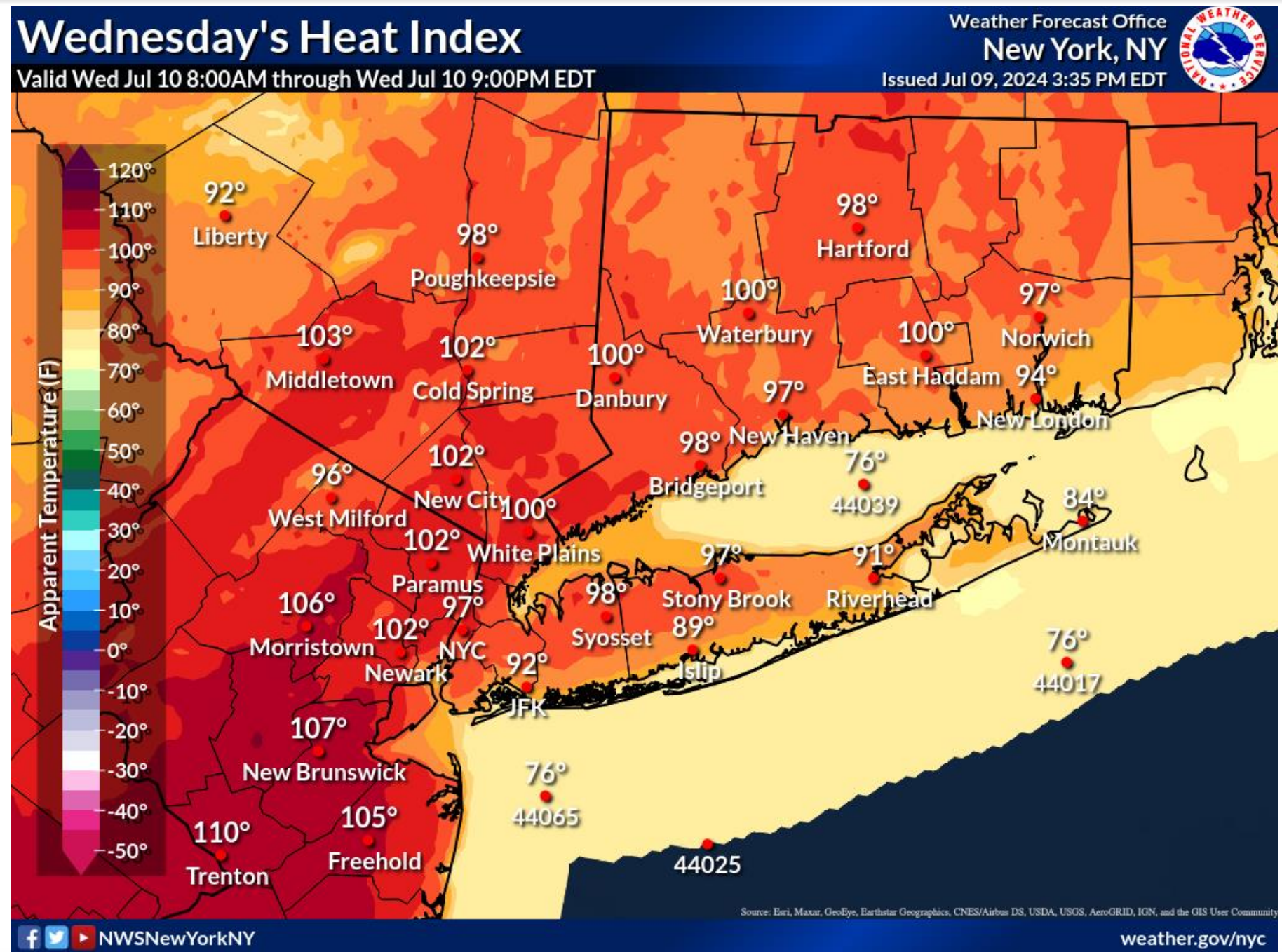


# Maximum Heat Index





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# 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)

