



High Heat and Humidity through Mid Week

July 14, 2024
6:02 PM

Key Messages

- High heat and humidity with heat indices approaching or exceeding 100°F at times Monday, Tuesday and Wednesday.
- Heat Advisories include much of the region for Monday and Tuesday. Heat headlines will likely need to be extended into Wednesday.



Excessive Heat

- Excessive Heat Warning
- Heat Advisory
- Excessive Heat Watch



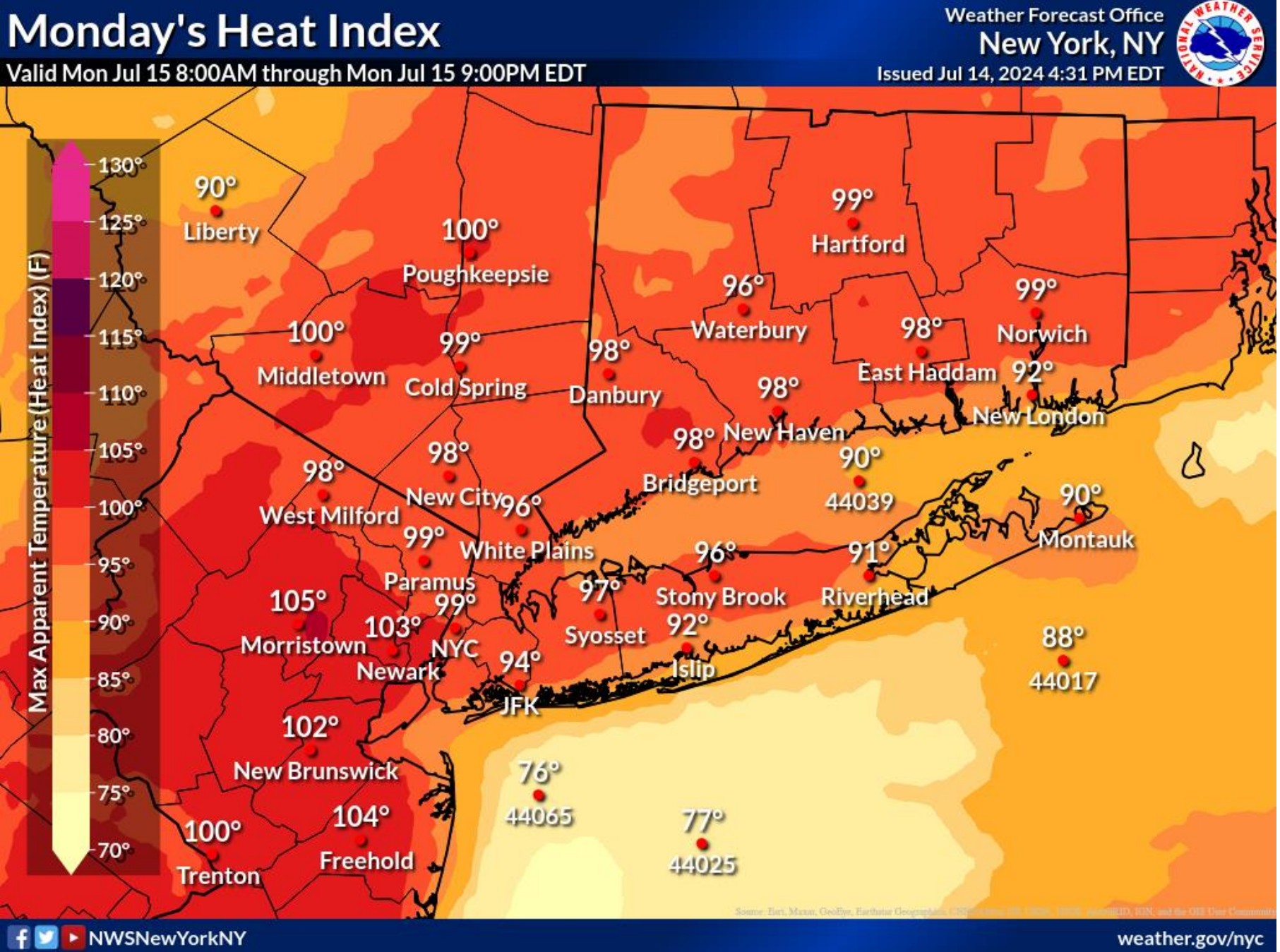
Graphic Created
July 14th, 2024
5:16 PM EDT

HAZARDS & IMPACTS	Max Heat Indices: <ul style="list-style-type: none">Monday and Tuesday: Mid 90s to around 100 in advisory area. Isolated heat indices near 105 for NE NJ.Wednesday: Upper 90s to around 100 for much of the region. Again isolated heat indices near 105 possible within and near NE NJ.Timing: Max heat indices between noon and 6 PM each day.Impacts: There is an increased risk of heat-related illness for vulnerable populations with this event.
	Thunderstorm Potential: <ul style="list-style-type: none">An isolated severe thunderstorm is possible during the late afternoon and evening hours Monday, mainly north and west of NYC. The primary threat is damaging wind gusts.
NWS ALERTS	Heat Advisory: <ul style="list-style-type: none">All locations except the south fork of Long Island and coastal New London county in CT through 10 PM Tuesday.
Additional Details	<ul style="list-style-type: none">There is uncertainty with the timing of showers and thunderstorms as well as the amount of cloud cover ahead of an approaching cold front on Wednesday. This could impact the amount of heating. Thus, the Heat Advisory has not been extended into Wednesday.
NEXT BRIEF	By 6 PM Monday, or sooner if significant changes occur with the forecast.



Maximum Heat Index - Monday

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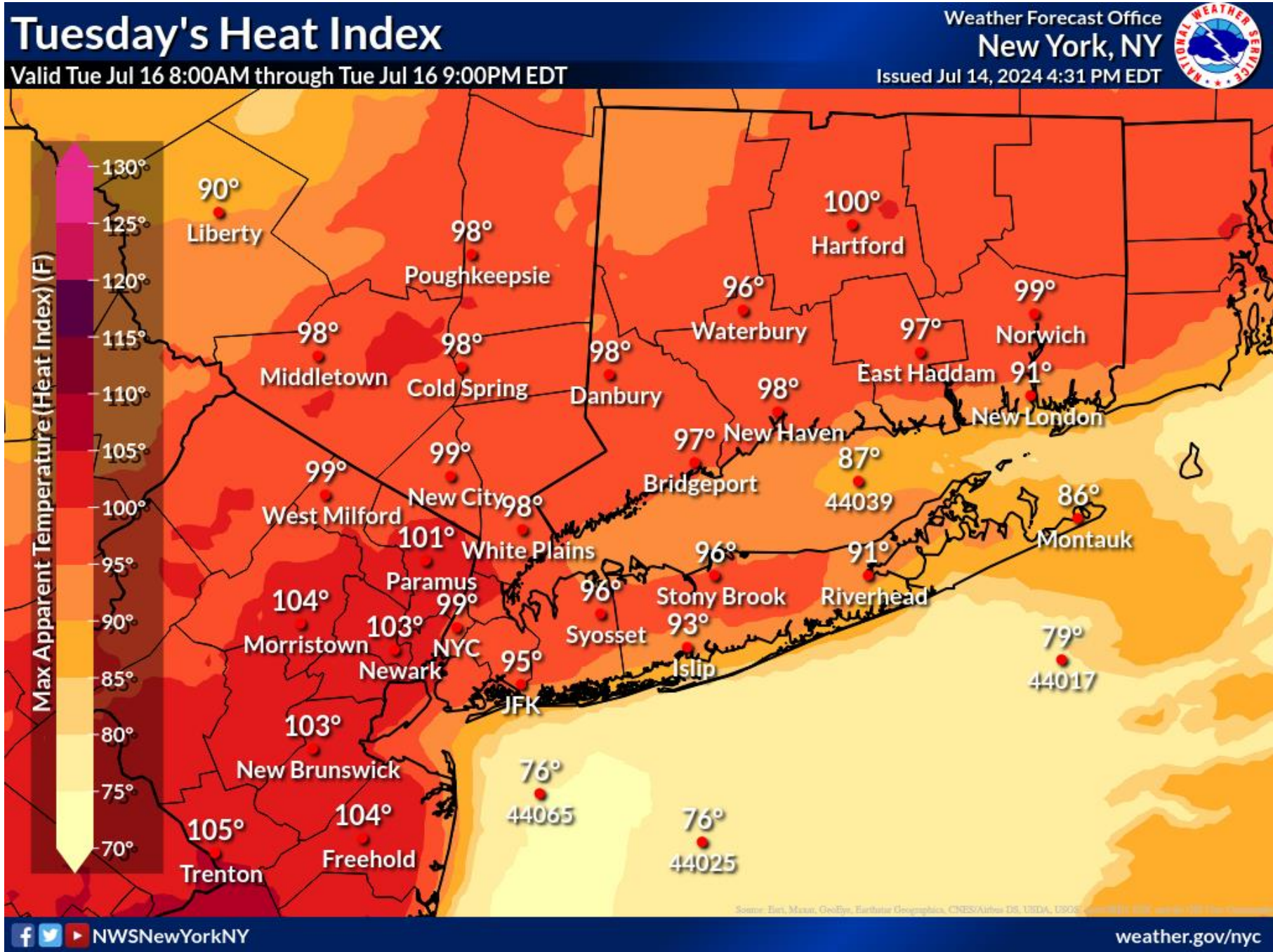
National Oceanic and
Atmospheric Administration
U.S. Department of Commerce

National Weather Service
New York, NY



Maximum Heat Index - Tuesday

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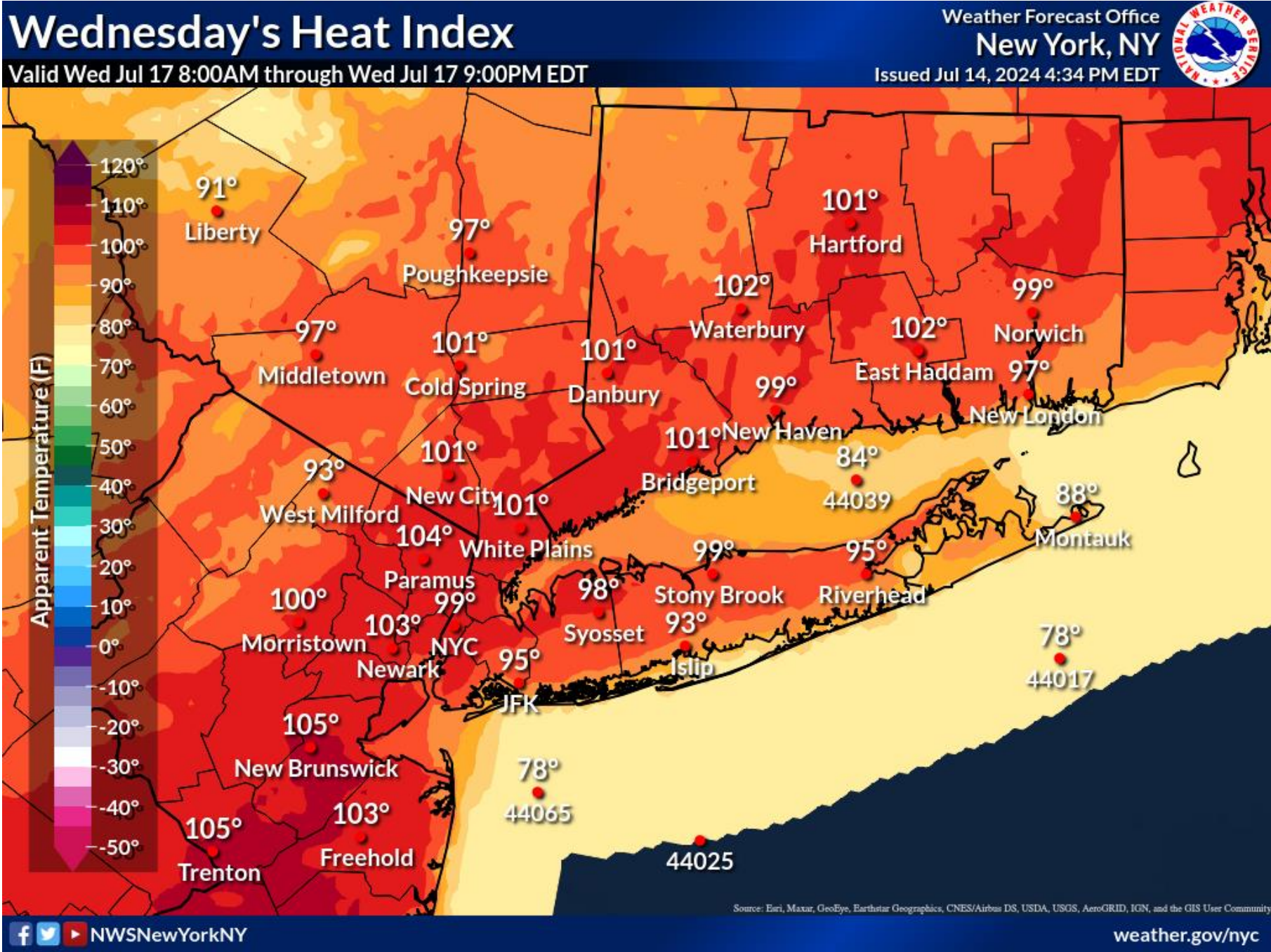
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National Weather Service
New York, NY



Maximum Heat Index - Wednesday

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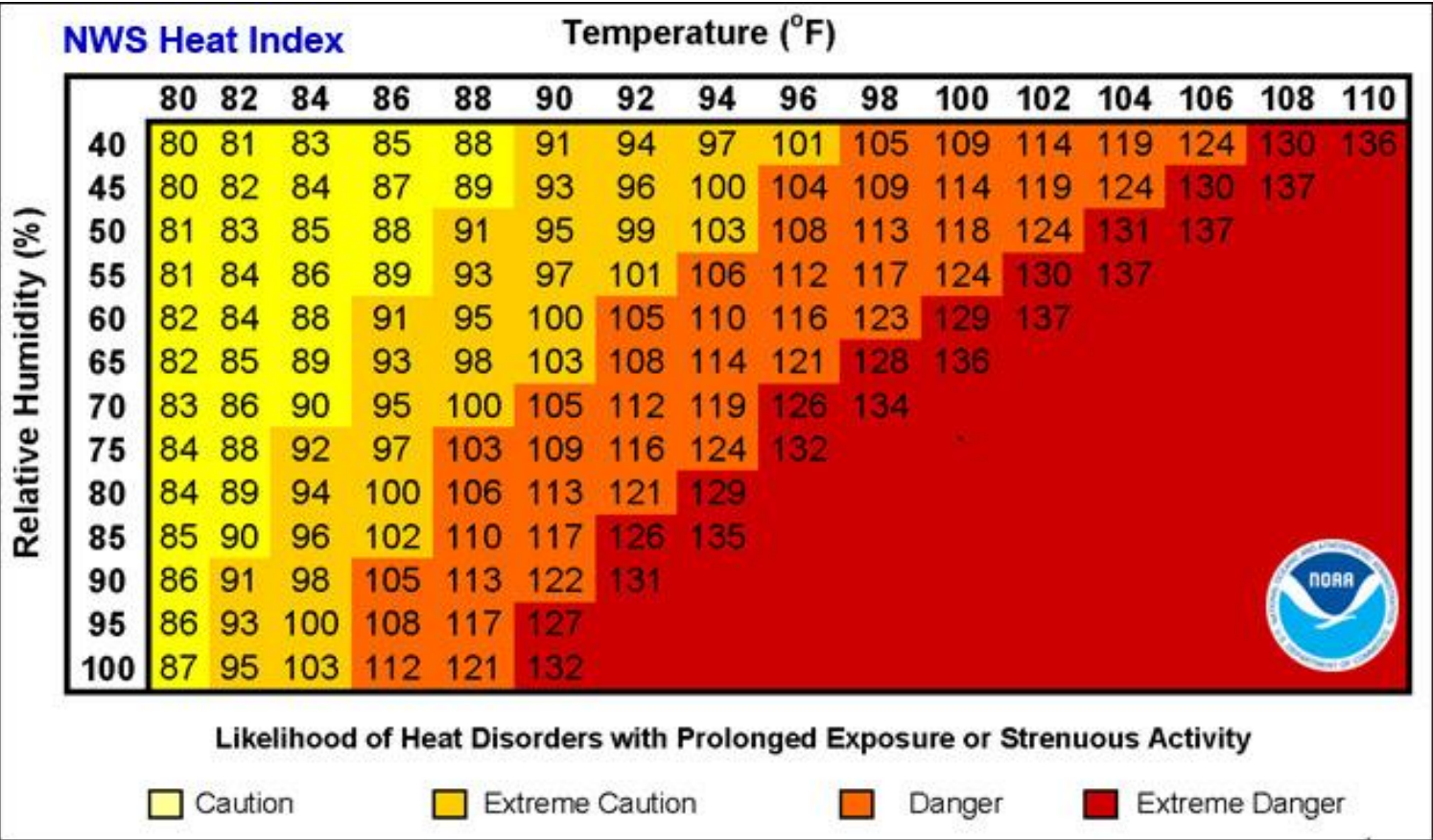
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NWS Heat Index and Effects

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





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

