



Hot and Humid Through Late This Week

August 1, 2024
4:57 AM

Heat Advisory for much of the local region for today into Friday

Key Messages

- Hot and humid conditions will result in maximum heat index values in the mid to upper 90s today and Friday.
- The heat advisory may need to be extended into Saturday.



Graphic Created
August 1st, 2024
4:21 AM EDT



HAZARDS & IMPACTS

- **Max Heat Indices:** Widespread mid to upper 90s within the advisory area with isolated lower 100s within NE NJ.
- **Low Temperatures:** Mid to upper 70s for NYC and much of NE NJ, otherwise mainly in the lower 70s.
- **Timing:** Max heat indices between 1pm and 8pm each day.
- **Impacts:** There is an increased risk of heat-related illness for vulnerable populations with this event.

NWS ALERTS

- Heat advisories for much of NE NJ, NYC and Nassau NY have been extended to 8PM Friday.
- Heat advisories expanded into the following counties and are in effect 1PM this afternoon until 8PM Friday:
 - in NJ, Western Passaic,
 - in NY, Rockland, Westchester, NW Suffolk,
 - in CT, Fairfield, New Haven, Northern Middlesex, and Northern New London
- Additional heat advisories may be needed.

FORECAST CHALLENGES

- For Friday, afternoon/evening showers and thunderstorms may lower max heat indices at times.

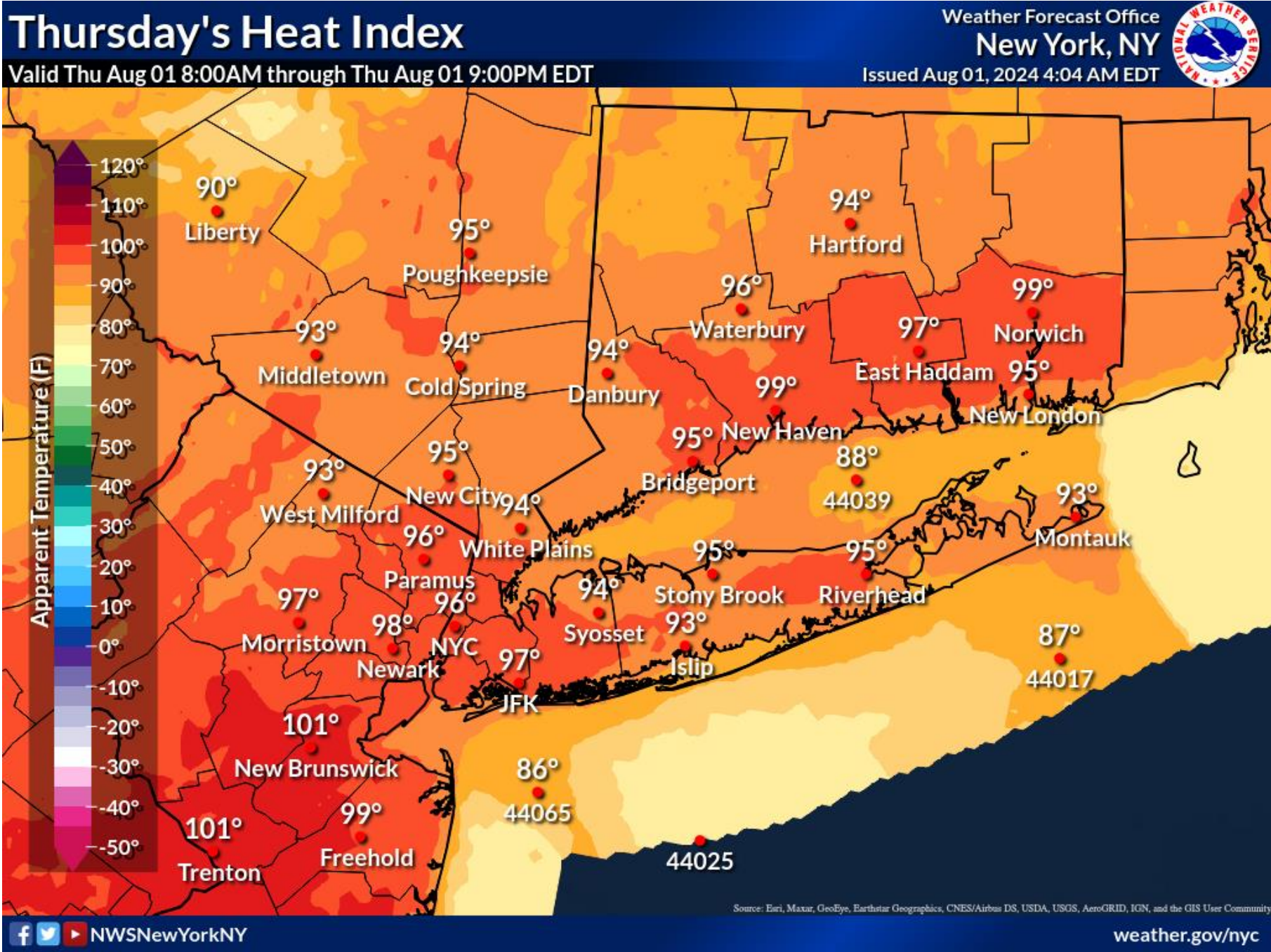
NEXT BRIEF

By 6AM Friday, unless significant forecast changes warrant an earlier update.



Maximum Heat Index

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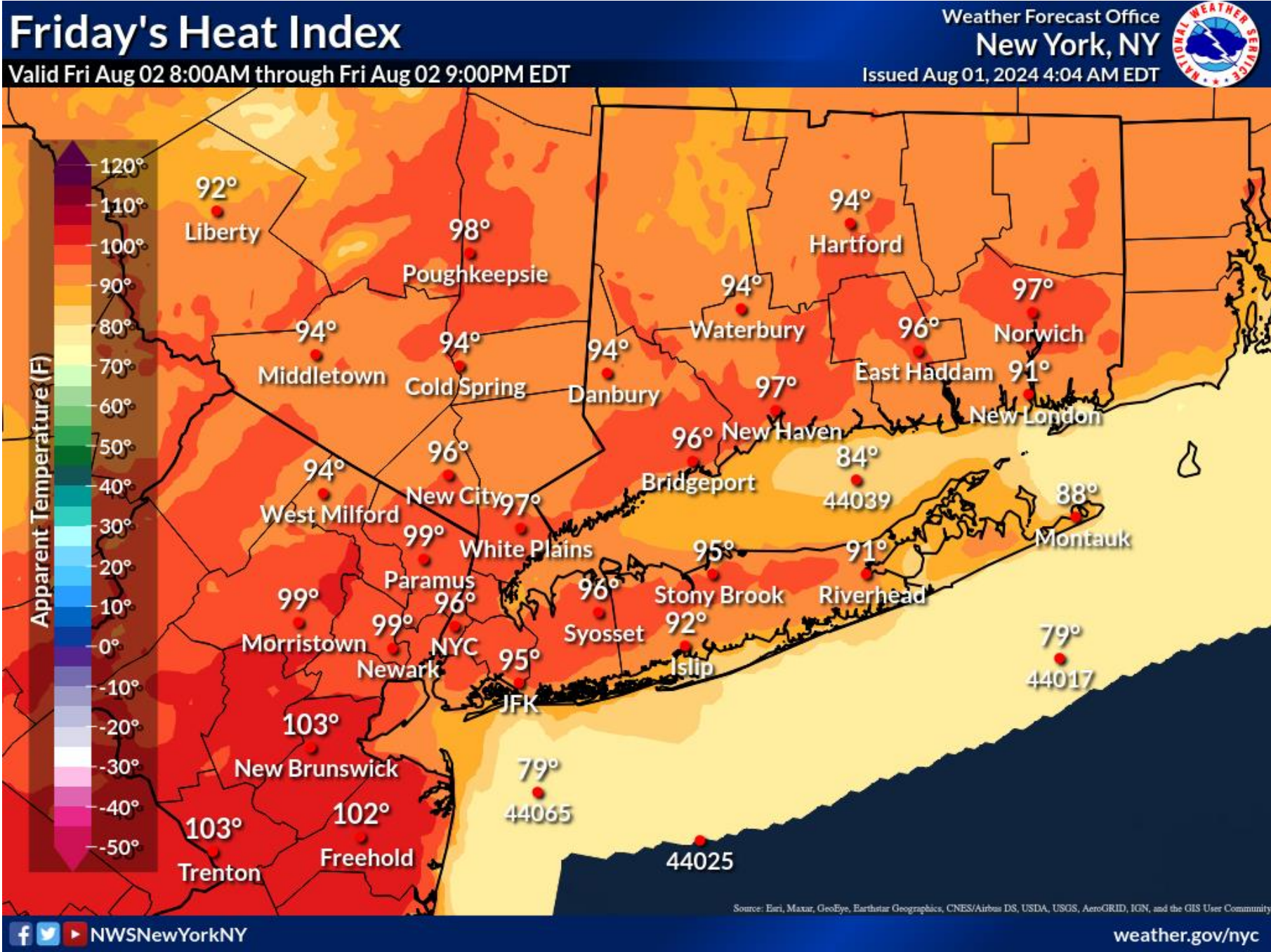
National Oceanic and
Atmospheric Administration
U.S. Department of Commerce

National Weather Service
New York, NY



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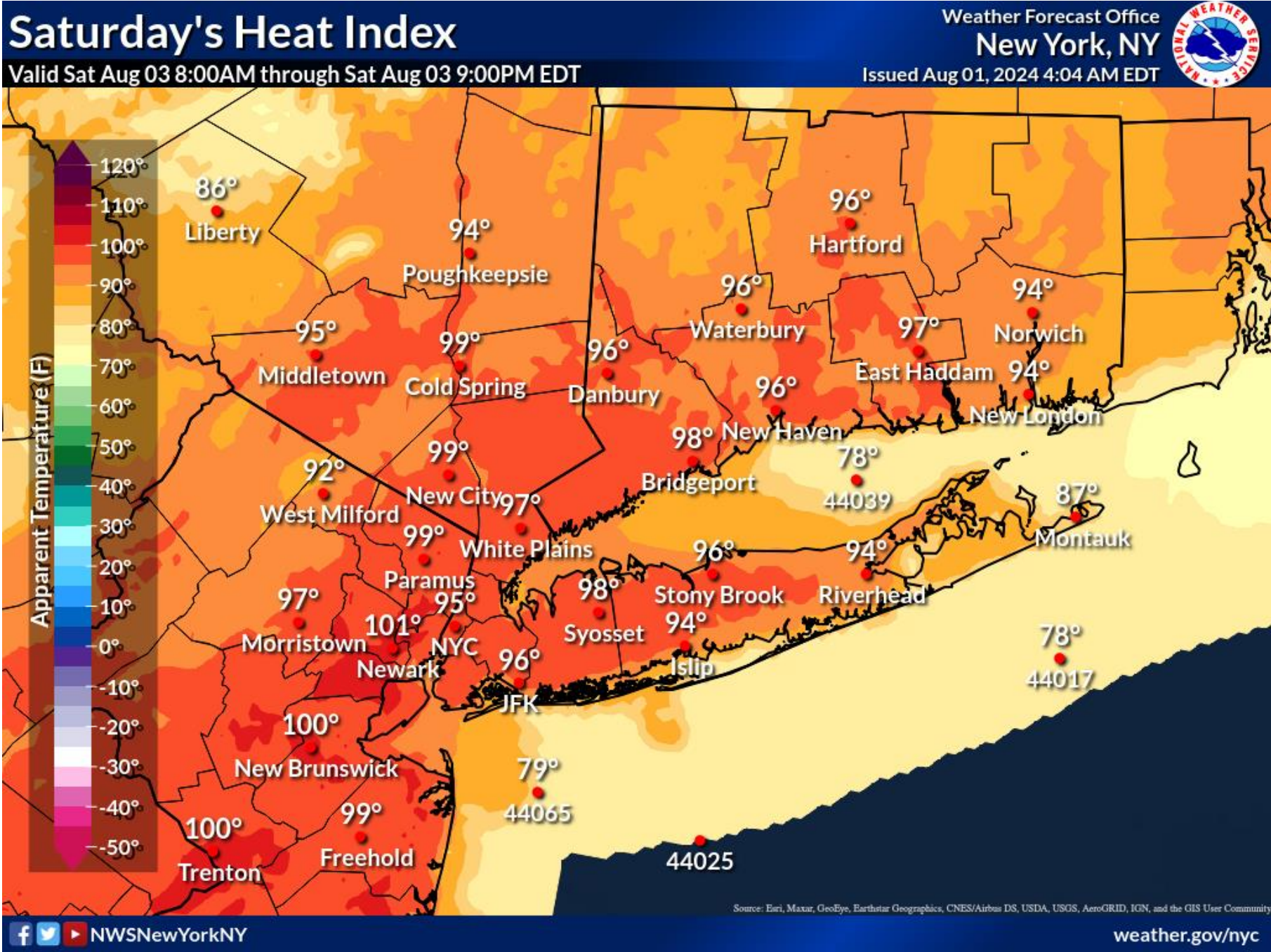
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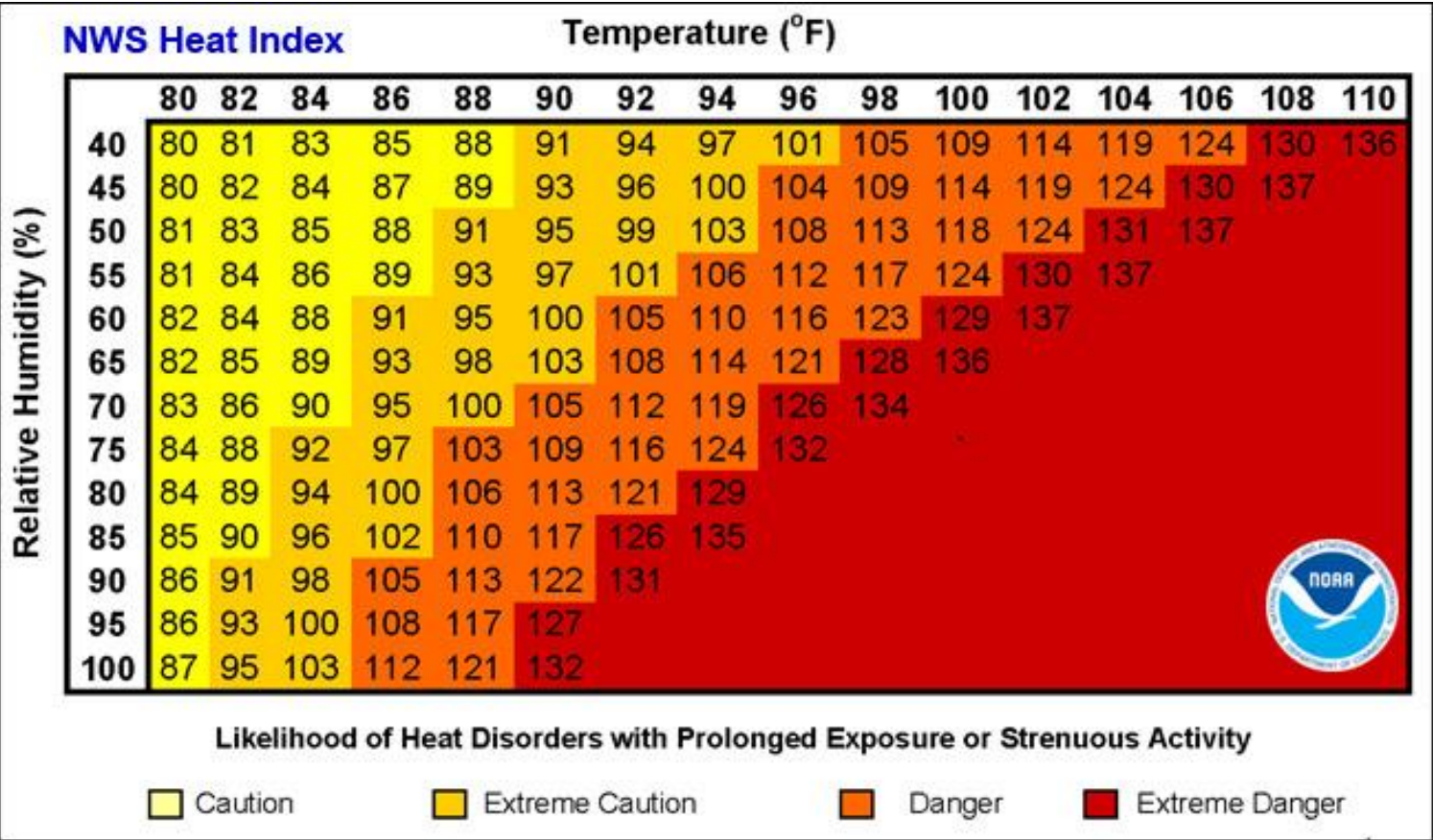
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NWS Heat Index and Effects

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

