Excessive Heat Warning in effect through early this evening (8PM most areas and 9PM for much of Northeast NJ, Southern Westchester NY, NYC, and Nassau NY.)

Decision Support Briefing #9
As of 6:00 AM July 21, 2019
Flash Flood Watch

- In effect 12PM Monday through 8AM Tuesday for Northeast NJ, NYC, Southern Westchester NY, and Nassau NY
- 1-2 inches of rain, with locally higher amounts possible
- Potential for rapid flooding of poor drainage, low-lying, urban areas
- Potential for fast reacting smaller rivers and streams to flood
# Main Points

<table>
<thead>
<tr>
<th>Hazard</th>
<th>Impacts</th>
<th>Location</th>
<th>Timing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heat</td>
<td>Extreme heat can cause illness and death among at-risk population who cannot stay cool. The excessive heat may quickly cause heat stress or heat stroke, especially during outdoor exertion or extended exposure.</td>
<td>The entire tri-state region</td>
<td>Max heat index values will range from: • 105 to 115 Peak heat index values will be between 1 and 5pm today.</td>
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<tr>
<td>Flash Flood Watch</td>
<td>Flash flooding is possible, especially where multiple storms train over the same area. Rainfall rates of 1 to 2 inches/hr. Total rainfall of 1.5 to 2 inches, with locally higher amounts. Rapid flooding of Urban Areas, Low-lying Roads, and Small Rivers, Streams and Creeks.</td>
<td>Northeast New Jersey New York City Southern Westchester NY Nassau County NY</td>
<td>Monday afternoon through early Tuesday morning</td>
</tr>
</tbody>
</table>

Extreme heat can cause illness and death among at-risk population who cannot stay cool. The excessive heat may quickly cause heat stress or heat stroke, especially during outdoor exertion or extended exposure.

Max heat index values will range from:
- 105 to 115

Peak heat index values will be between 1 and 5pm today.
Summary of Greatest Impacts

Heat: Entire Tri-State Region

- None
- Limited
- Elevated
- Significant
- Extreme

Flash Flood Watch: NE NJ, NYC, Nassau and S Westchester

- None
- Limited
- Elevated
- Significant
- Extreme
Excessive Heat Warning in Effect

Hazards:

✓ Max heat Index values today:
  ✓ 105 to 115

Impacts:

✓ Extreme heat can cause illness and death among at-risk population who cannot stay cool.

✓ The excessive heat may quickly cause heat stress or heat stroke, especially during outdoor exertion or extended exposure.

Timing:

✓ Peak heat Index: 1 to 5 pm today.
Max Heat Index Values Today

Today's Maximum Heat Index Temperatures
Valid: July 21, 2019

Peak Heat Index Values between 1 and 5pm
Heat Safety Information

Practice HEAT SAFETY Wherever You Are

Heat related deaths are preventable. Protect yourself and others from the impacts of heat waves.

- **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.

[weather.gov/heat]
Heat Safety Information

**HEAT EXHAUSTION**
- Faint or dizzy
- Excessive sweating
- Cool, pale, clammy skin
- Nausea or vomiting
- Rapid, weak pulse
- Muscle cramps

**HEAT STROKE**
- Throbbing headache, confusion
- No sweating
- Body temperature above 103\(^\circ\)F
- Red, hot, dry skin
- Nausea or vomiting
- Rapid, strong pulse
- May lose consciousness

**CALL 9-1-1**
- Get to a cooler, air conditioned place
- Move person to cooler place
- Drink water if fully conscious
- Cool using cool cloths or bath
- Take a cool shower or use cold compresses
- Do not give anything to drink

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SacramentoReady.org

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Heat Safety Information

Heat Related Deaths ARE Preventable
LOOK BEFORE YOU LOCK

The temperature in your car can quickly become deadly!

Outside Temperature 80°F

Inside 99°F
Time Elapsed: 10 Minutes

Inside 109°F
Time Elapsed: 20 Minutes

Inside 114°F
Time Elapsed: 30 Minutes

Inside 123°F
Time Elapsed: 60 Minutes

weather.gov/heat  nhtsa.gov
High Confidence on Dangerous Heat and Humidity levels Today into Early This Evening.

There is a chance of showers and thunderstorms this afternoon into early this evening. Brief heavy rain and gusty winds will be possible.

For Monday into Tuesday, the exact timing and location of areas of highest rainfall are uncertain.
Event Summary

- Dangerous heat and humidity through early this evening for the entire Tri-State Area.

- Air Quality alert is in effect for most of the Tri-State Region for Today into This Evening due to elevated air pollution and ozone concentration levels.

- There is a chance of showers and thunderstorms this afternoon into early this evening. Brief heavy rain and gusty winds will be possible.

- Widespread showers and embedded thunderstorms move in Monday and continue through early Tuesday. Timing and location of areas of highest rainfall are uncertain. Bulk of rain is between 2PM Monday and 8AM Tuesday.
This briefing will contain dated material after 430 PM July 21