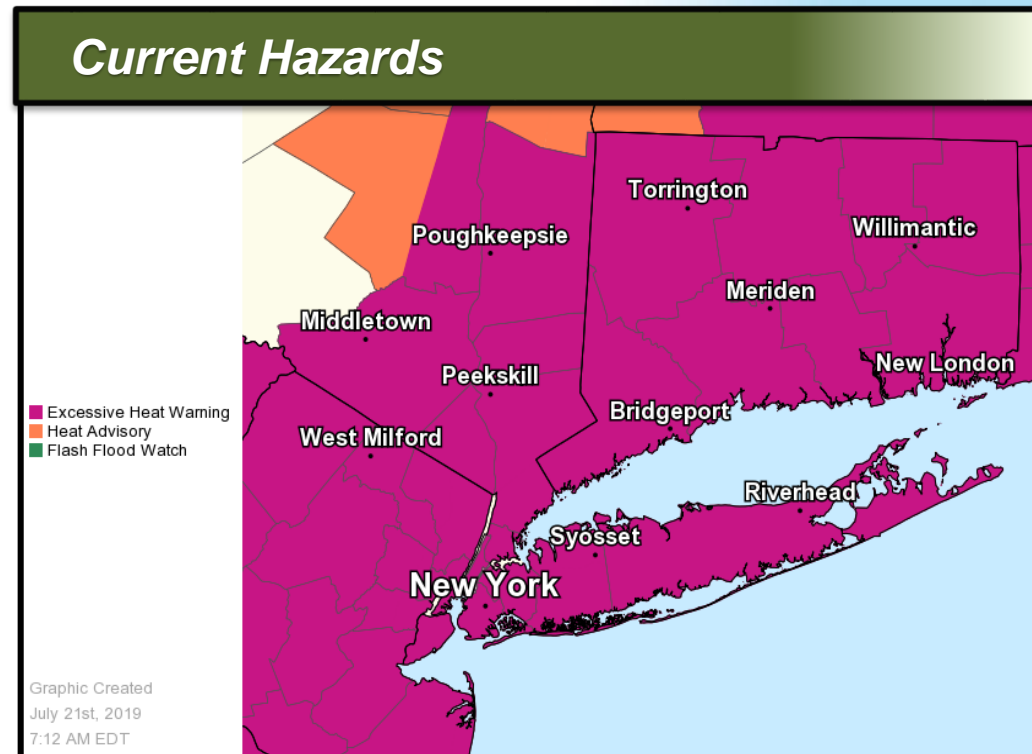


# Excessive Heat

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

**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.)



# Flash Flood Watch

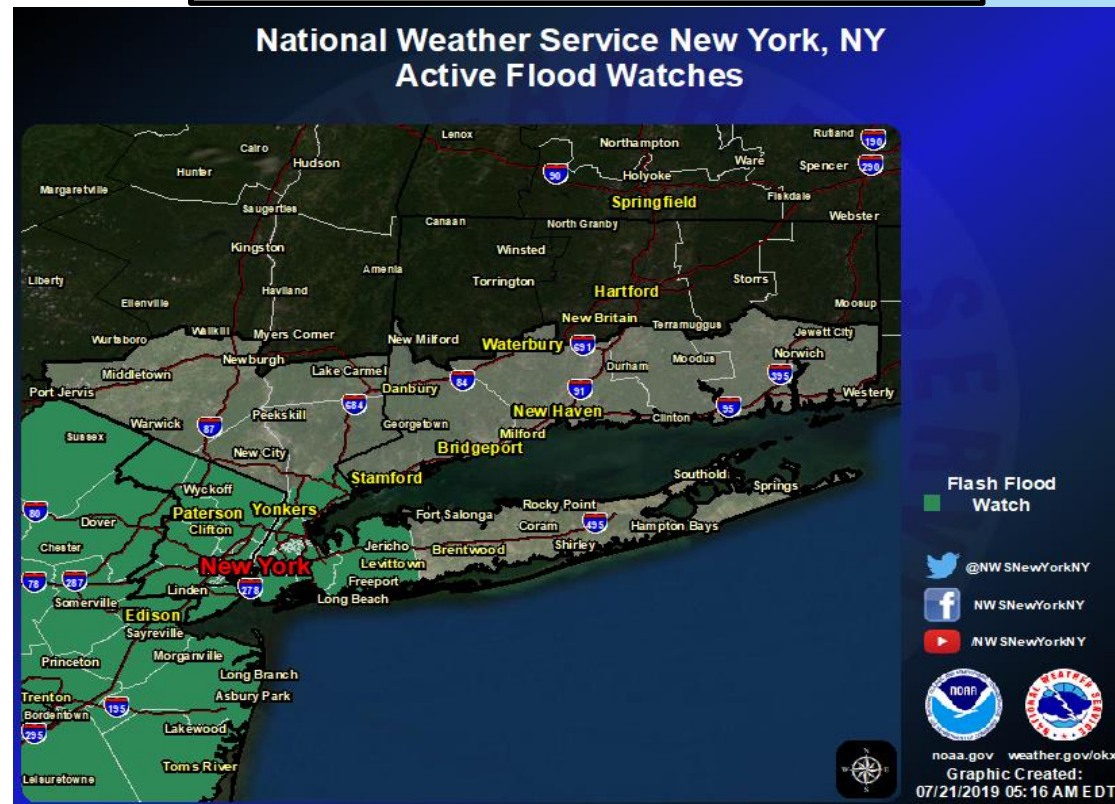
✓ In effect 12PM Monday through 8AM Tuesday for Northeast NJ, NYC, Southern Westchester NY, and Nassau NY

✓ 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

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



# Main Points

Hazard	Impacts	Location	Timing
<p><b>Heat</b></p> 	<p>Extreme heat can cause illness and death among at-risk population who cannot stay cool.</p> <p>The excessive heat may quickly cause heat stress or heat stroke, especially during outdoor exertion or extended exposure.</p>	<p>The entire tri-state region</p>	<p>Max heat index values will range from:</p> <ul style="list-style-type: none"> <li>• 105 to 115</li> </ul> <p>Peak heat index values will be between 1 and 5pm today.</p>
<p><b>Flash Flood Watch</b></p> 	<p>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.</p>	<p>Northeast New Jersey New York City Southern Westchester NY Nassau County NY</p>	<p>Monday afternoon through early Tuesday morning</p>

# Summary of Greatest Impacts

**Heat: Entire Tri-State Region**

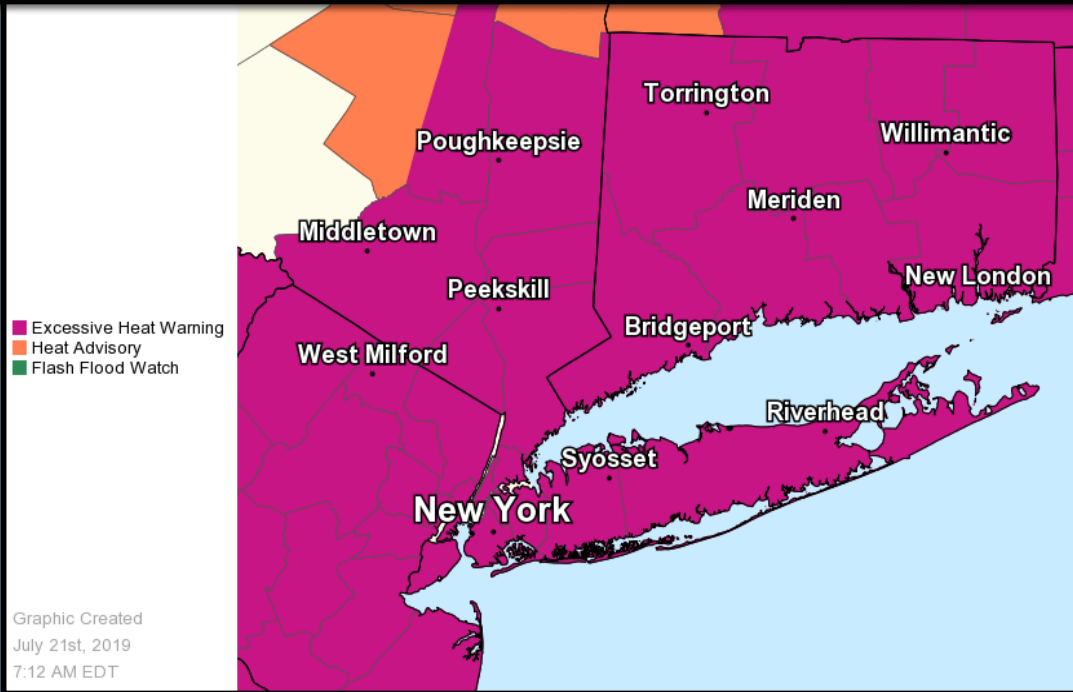


**Flash Flood Watch: NE NJ, NYC, Nassau and S Westchester**



# Excessive Heat Warning in Effect

## Excessive Heat Warning



### 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 :

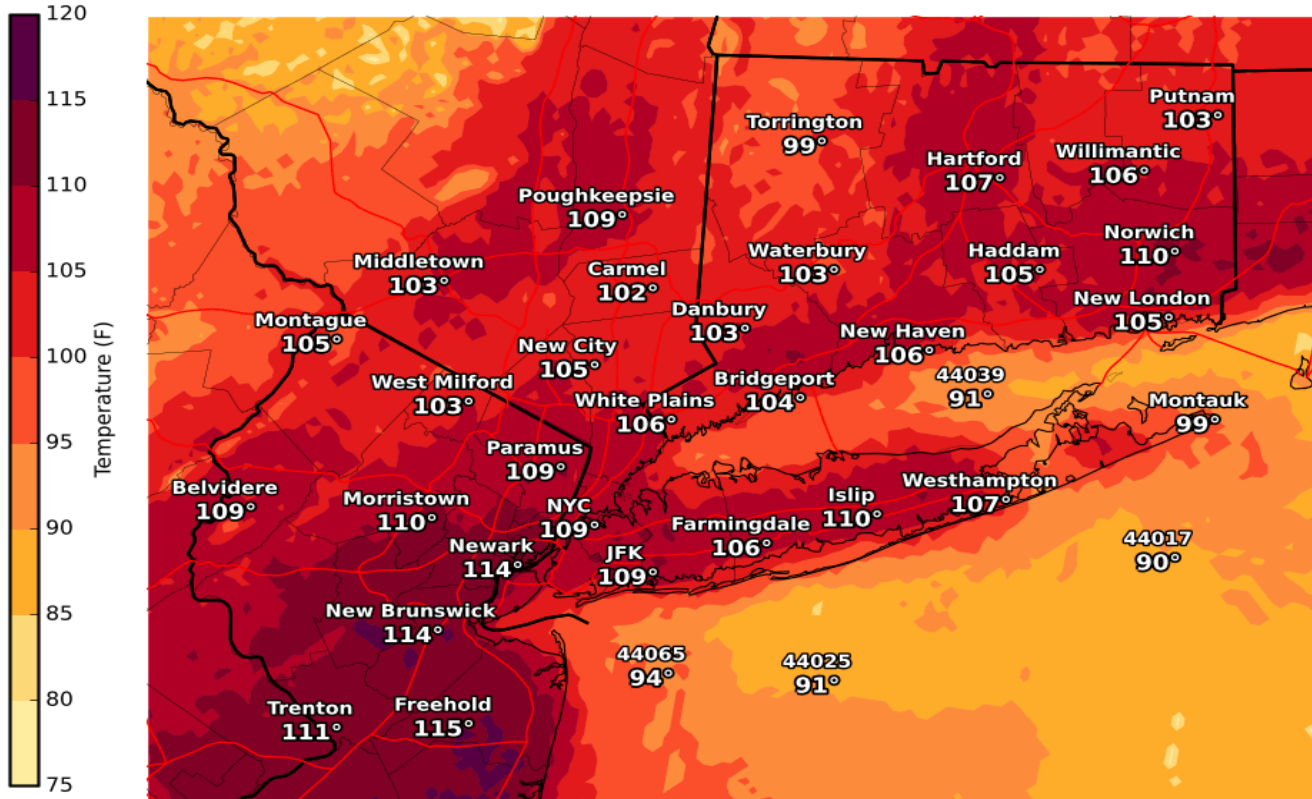
- ✓ Peak heat Index: 1 to 5 pm today.



# Max Heat Index Values Today

## Today's Maximum Heat Index Temperatures

Valid: July 21, 2019



Peak Heat Index Values between 1 and 5pm



National Weather Service  
New York NY  
07/21/2019 04:34 AM EDT

Follow Us:   
weather.gov/nyc

# 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](https://www.weather.gov/heat)

# Heat Safety Information

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache, confusion
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none"> <li>• Get to a cooler, air conditioned place</li> <li>• Drink water if fully conscious</li> <li>• Take a cool shower or use cold compresses</li> </ul>		<p style="text-align: center;"><b>CALL 9-1-1</b></p> <ul style="list-style-type: none"> <li>• Move person to cooler place</li> <li>• Cool using cool cloths or bath</li> <li>• Do not give anything to drink</li> </ul>

@NWSSacramento  
weather.gov/Sacramento



@SacramentoOES  
SacramentoReady.org



# Heat Safety Information

Heat Related Deaths  
**ARE** Preventable  
**LOOK BEFORE YOU LOCK**



[weather.gov/heat](https://weather.gov/heat)

[nhtsa.gov](https://nhtsa.gov)

The temperature in your car can quickly become deadly!

Outside Temperature 80°



Time Elapsed:  
10 Minutes



Time Elapsed:  
20 Minutes



Time Elapsed:  
30 Minutes



Time Elapsed:  
60 Minutes



# Forecast Uncertainty or Scenarios

- ✓ 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.

# Contact and Next Briefing Information



**Next Briefing**  
By 600 PM July 21  
Powerpoint



**Web:**  
<http://www.weather.gov/okx/>



**Phone (public):**  
631-924-0517



**E-mail:**  
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**Facebook:**  
<http://www.facebook.com/NWSNewYorkNY>



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**YouTube:**  
<https://www.youtube.com/user/NWSNewYorkNY>

This briefing will contain dated material after 430 PM July 21