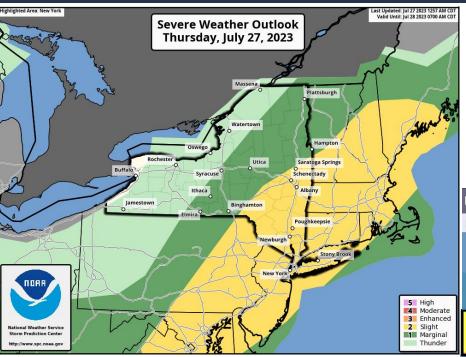
Oppressive Heat and Humidity Through Saturday



 Oppressive heat and humidity will build into the area through Saturday. Excessive Heat Warnings remain effect for the NYC metro and portions of NE NJ through Friday evening. Elsewhere, heat advisories are in effect through Saturday evening. Scattered strong to severe thunderstorms are possible this afternoon and evening. Excessive Heat 	HAZARDS & IMPACTS	 Max Heat Index – Today and Friday – Widespread 103 to 106F expected across most of NE NJ and NYC. Upper 90s to Low 100s, locally 105F elsewhere. Saturday – Widespread 95 to 100F likely with locally around 105F possible across NE NJ. Low temperatures will range mostly from 75 to 80, with lower 70s in the far outlying suburbs. Coupled with elevated humidity this will make for uncomfortable conditions at night, especially in NYC/NE NJ. Timing – Max heat index between 12 noon and 8 PM each day. Heat Impacts – Extreme heat and humidity will significantly increase the potential for heat related illnesses, particularly for those working or participating in outdoor activities. Elevated ozone levels. 					
Excessive Heat Warning Heat Advisory	NWS ALERTS	 Excessive Heat Warning Through Friday evening for NYC and most of NE NJ. Portions of the Excessive Heat Warning may need to be extended into Saturday. Otherwise, heat advisories will be needed for Saturday for areas currently in the warning. Heat Advisory elsewhere through Saturday Evening. 					
46 New York	POST- EVENT OUTLOOK	 A cold frontal passage late Saturday will bring relief for Sunday into next week. 					
Graphic Created July 27th, 2023 5:06 AM EDT	NEXT BRIEFING	 By 6pm this evening. 					

Severe/Flash Flood Threat for This Afternoon/Evening



- Hazard: Scattered strong to severe thunderstorms are possible this afternoon into the early evening.
- Impacts:
 - Damaging Wind: Wind gusts of 58 to 70 mph could damage trees and power lines and result in scattered power outages.
 - Low risk for a brief tornado mainly across the Lower Hudson Valley and CT.
 - Localized large hail to 1 inch in diameter could result in minor damage to motor vehicles.
 - Localized flash flood threat if multiple storms move over the same area, with rainfall rates of 1 to 2"/hr
- Timing: 2pm to 8pm from west to east.

Understanding Severe Thunderstorm Outlook Categories

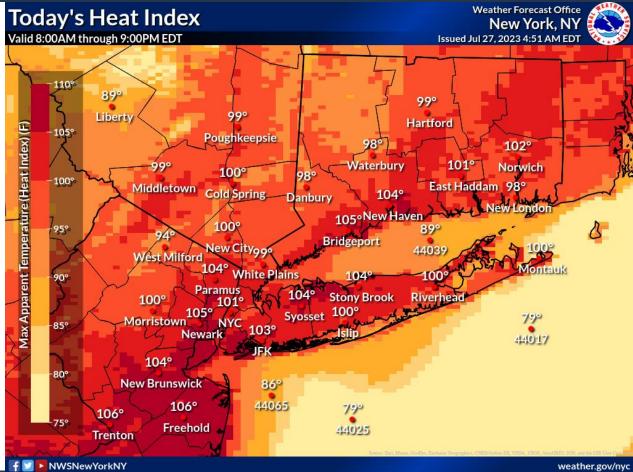


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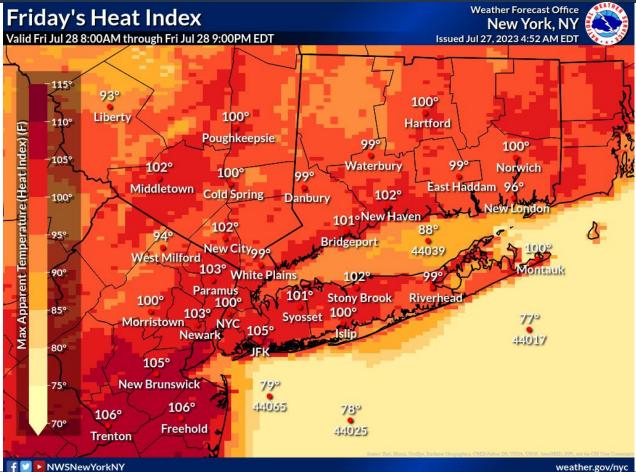
New York, NY

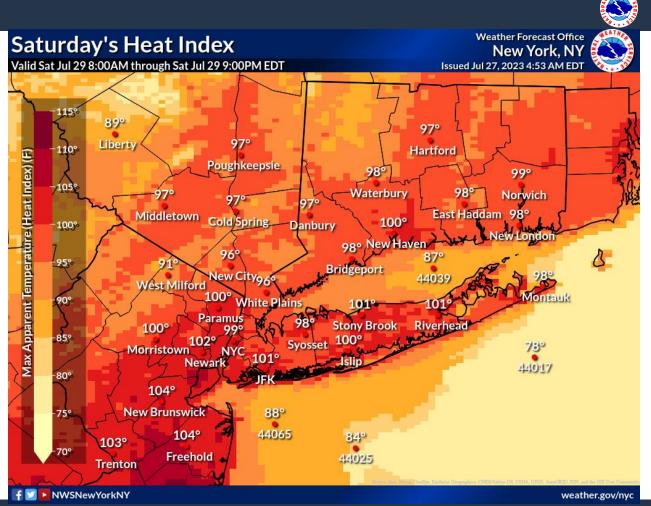
WEATHER FORECAST OFFICE











New York, NY WEATHER FORECAST OFFICE

NWS Heat Index and Effects...



	N	NWS Heat Index			Temperature (°F)													
	Г		80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
		40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
		45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
	(%)	50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
		55	81	84	86	89	93	97	101	106	112	117	124	130	137			
The heat index is a measure of how	Humidity	60	82	84	88	91	95	100	105	110	116	123	129	137				
hot it really feels when relative	E	65	82	85	89	93	98	103	108	114	121	128	136					
humidity is factored in with air	Ŧ	70	83	86	90	95	100	105	112	119	126	134						
temperature. You can use this chart to	ve	75	84	88	92	97	103	109	116	124	132							
find the heat index yourself. For more	Relative	80	84	89	94	100	106	113	121	129								
information on Heat Safety, please go	Re	85	85	90	96	102	110	117	126	135								
to:		90	86	91	98	105	113	122	131								ne	RRC
https://www.weather.gov/safety/heat		95	86	93	100	108	117	127										~)
		100	87	95	103	112	121	132										
	10			Like Cautic		l of He		orders		Proloi	nged E		u re or Danger			ctivity dreme		er

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	125°F or	Heat stroke highly likely
Danger	higher	



Heat Impacts: Vulnerable Populations



PREGNANT

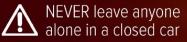


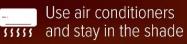




ELDERLY

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.





Drink plenty of water, even if not thirsty



Wear loose-fitting, light-colored clothing



https://www.weather.gov/wrn/heat_infographics