

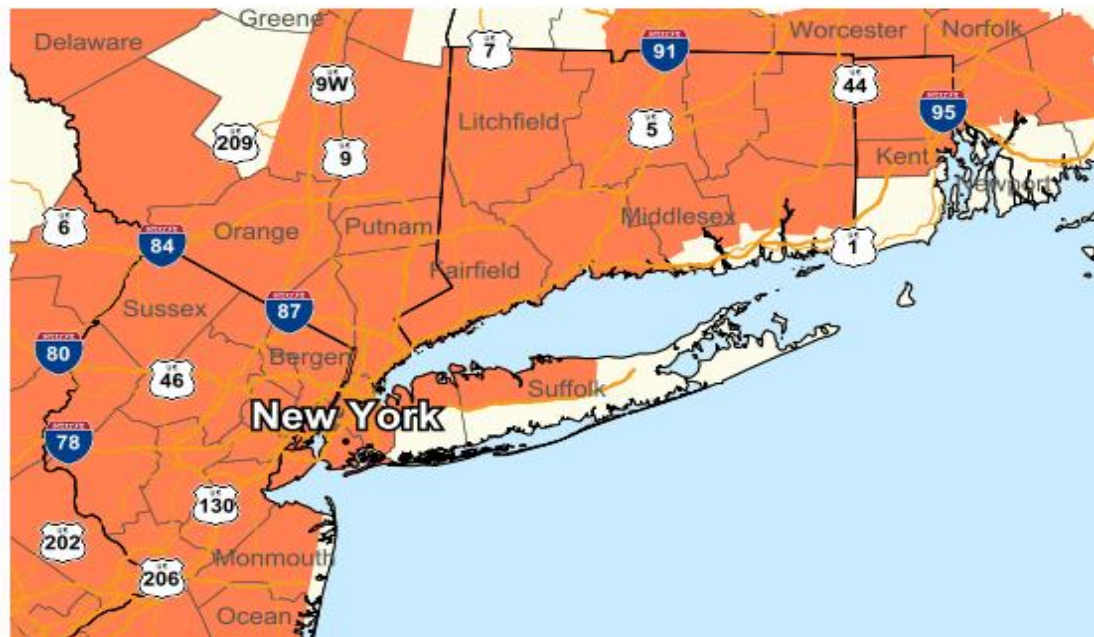


Heat, Thunderstorms, and Heavy Rainfall

July 8, 2024
4:45 PM

Key Messages

- Heat and humidity continues through the middle of the week.
- Heat Advisories have been extended into Wednesday for NE NJ and NYC metro.
- Increasing chances for showers and thunderstorms through the week.



Graphic Created
July 8th, 2024
4:44 PM EDT

HAZARDS & IMPACTS

Heat and Humidity

- Max Heat Indices:** 95-100F for the advisory area. Heat indices may reach the low 100s across portions of NE NJ and Lower Hudson Valley.
- Timing:** Max heat indices occur between noon and 6 pm each day.
- Impacts:** There is an increased risk of heat-related illness for vulnerable populations.

Thunderstorm and Heavy Precipitation Potential

- Showers and thunderstorms are possible Tuesday afternoon and evening, especially north and west of NYC. Chances for showers and thunderstorms increase Wednesday afternoon with the threat continuing through end of the week area wide.
- An isolated severe thunderstorm possible.
- Low risk for localized flash flooding.

NWS ALERTS

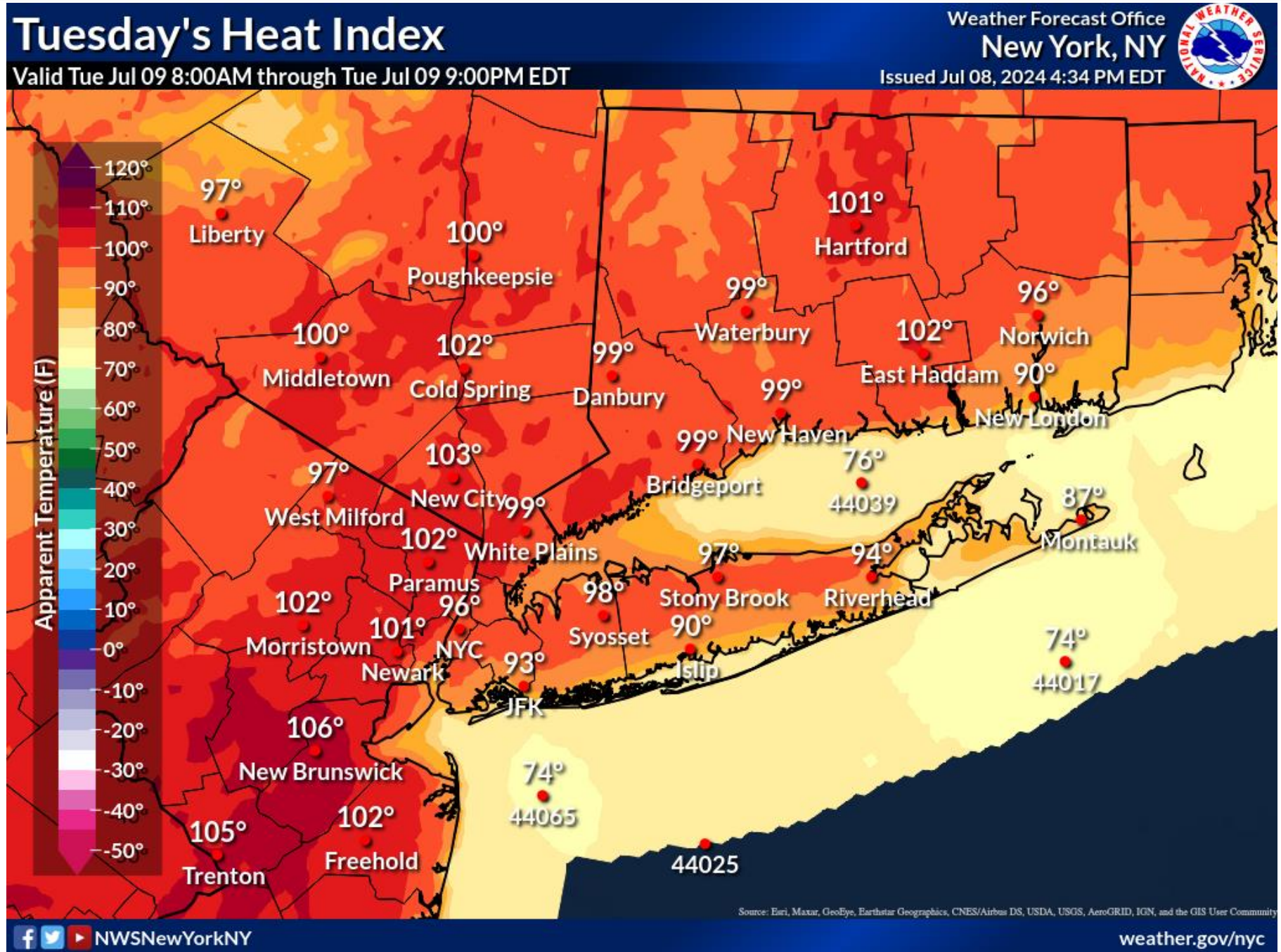
- Heat Advisories** through Wednesday for NE NJ and NYC, and through Tuesday for Lower Hudson Valley, Northern Nassau, NW Suffolk, and all of southern CT except coastal New London/Middlesex.
- Air Quality Alerts** from state agencies on Tuesday for portions of S CT, NYC metro and Lower Hudson Valley for ground level ozone.

NEXT BRIEF

The next briefing will be by 6 pm Tuesday unless there are significant changes to the forecast.

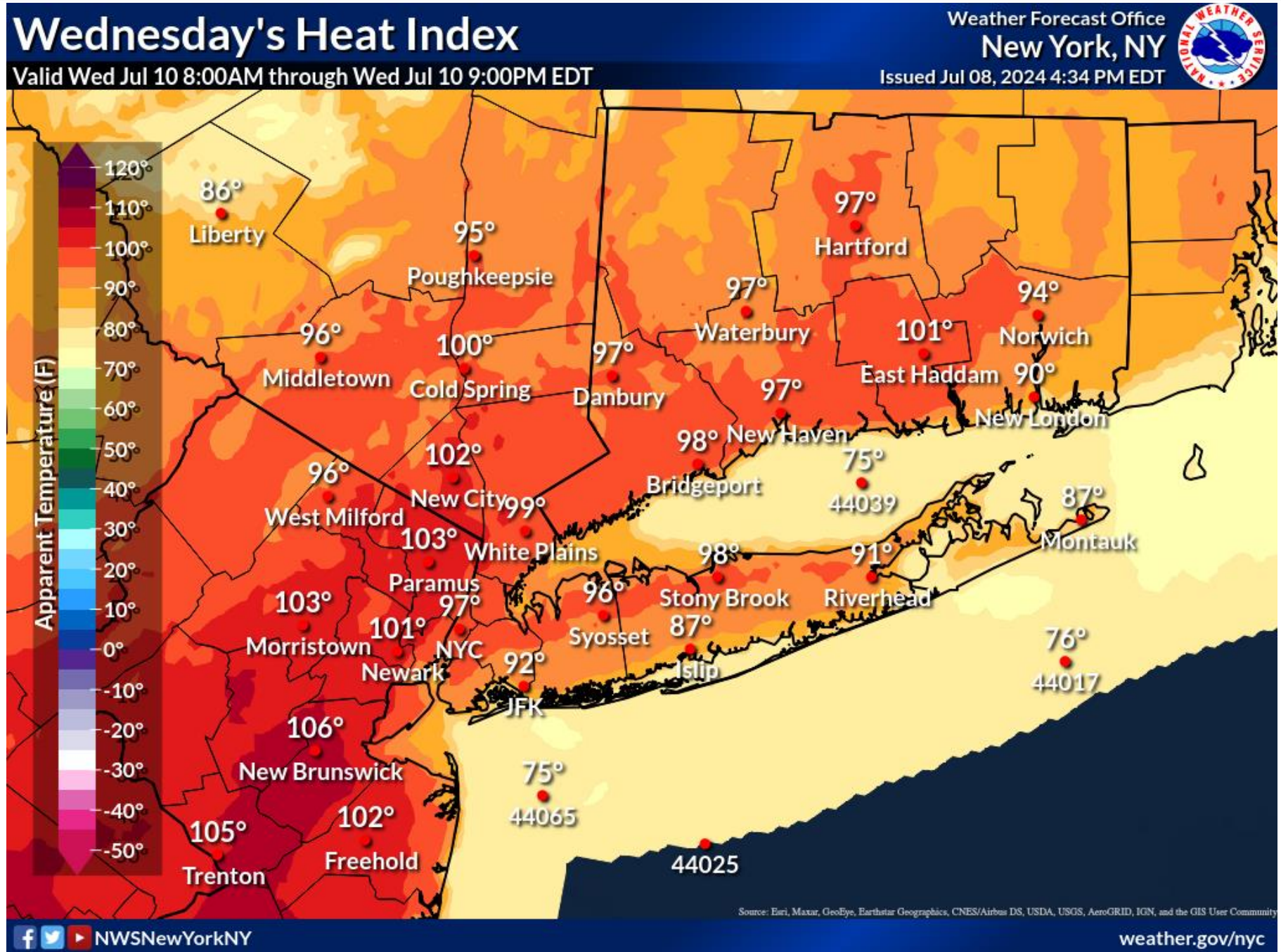


Maximum Heat Index





Maximum Heat Index





Heat Impacts: Vulnerable Populations



PREGNANT



NEWBORNS



CHILDREN



ELDERLY



CHRONIC ILLNESS

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.



NEVER leave anyone alone in a closed car



Drink plenty of water, even if not thirsty



Use air conditioners and stay in the shade



Wear loose-fitting, light-colored clothing

weather.gov



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

