

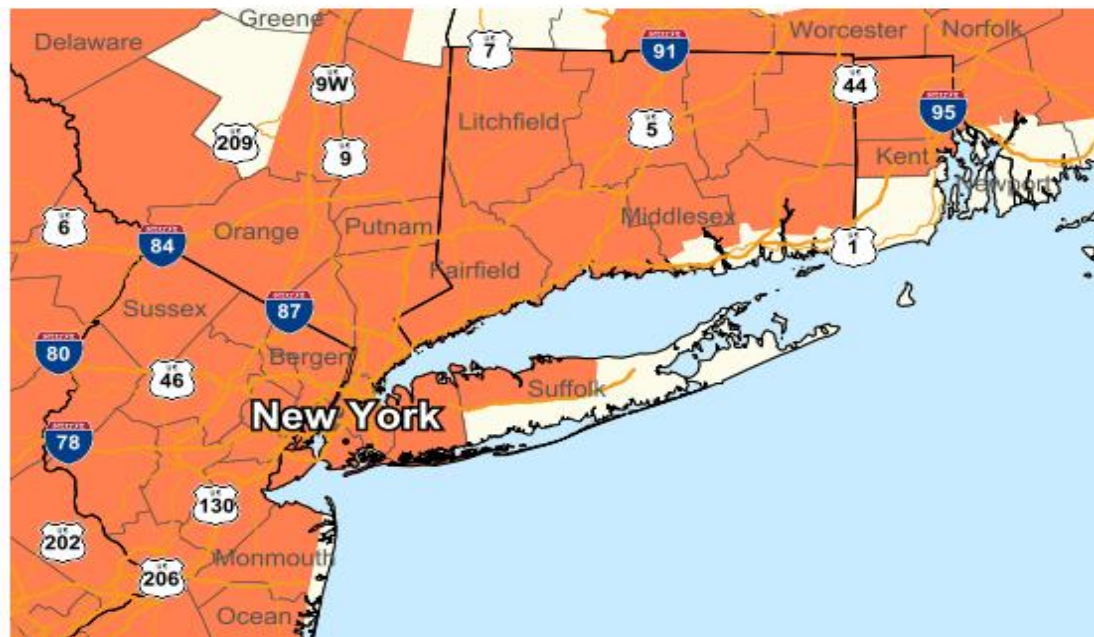


Heat, Thunderstorms, and Heavy Rainfall

July 9, 2024
5:21 AM

Key Messages

- Heat and humidity continues through the middle of this week.
- Heat Advisories extended into Wednesday for Lower Hudson Valley and much of Southern CT. Heat Advisory expanded for today to include Southern Nassau NY.
- Increasing chances for showers and thunderstorms through the week.



Graphic Created
July 9th, 2024
4:38 AM EDT

HAZARDS & IMPACTS

Heat and Humidity

- Max Heat Indices:** 95-100F for the advisory area with some locations reaching the lower 100s. Isolated spots hitting 105F are possible this afternoon for NE NJ.
- 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 this afternoon and evening, especially N&W of NYC. Chances for showers and thunderstorms increase Wednesday afternoon into Wednesday night with the threat continuing through end of the week area wide.
- An isolated severe thunderstorm is possible.
- Localized flash flooding is possible.

NWS ALERTS

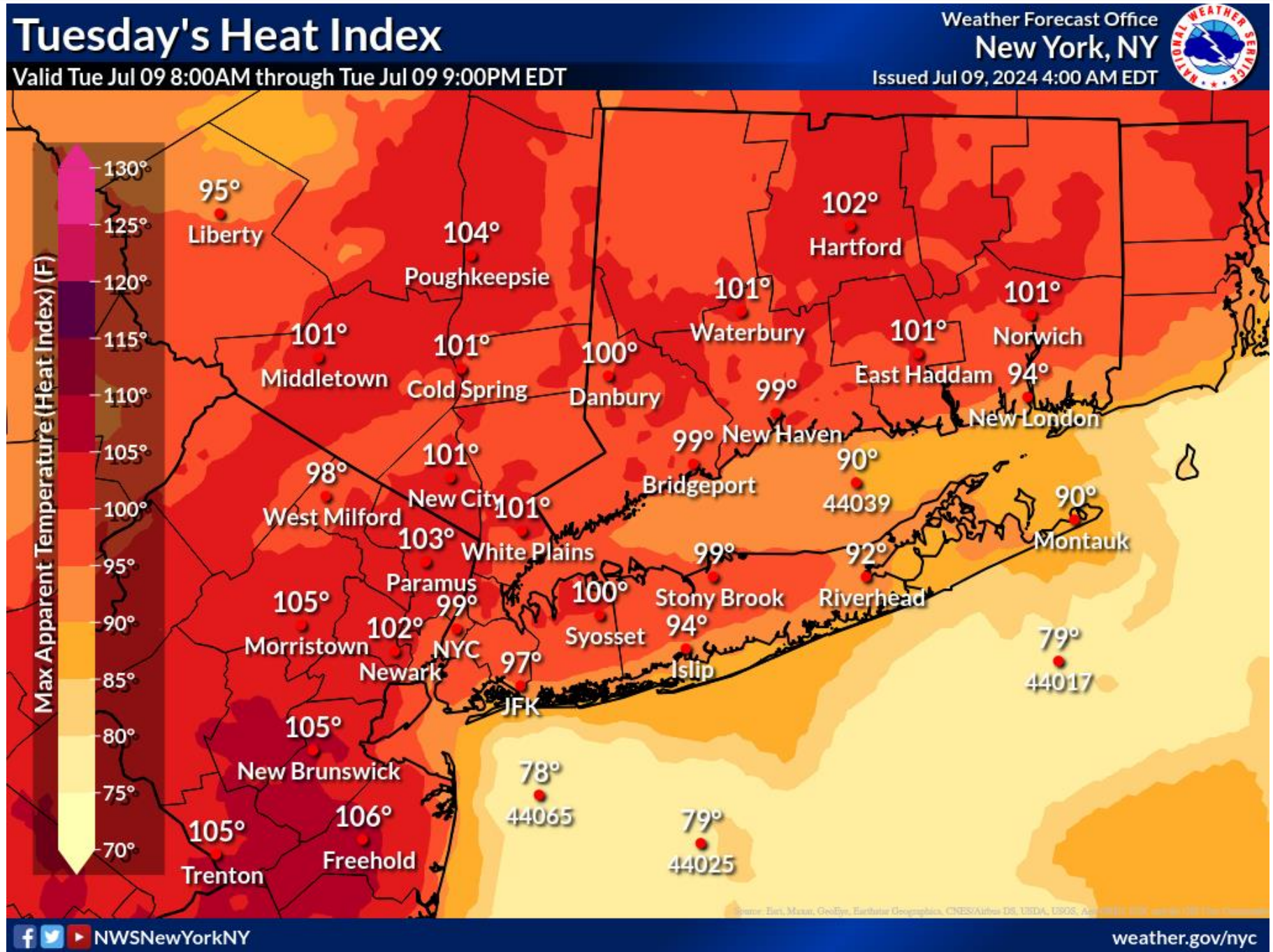
- Heat Advisories** through Wednesday for NE NJ, NYC, Lower Hudson Valley, and all of southern CT except coastal New London/Middlesex, through today for all of Nassau, NW Suffolk.
- Air Quality Alerts** from state agencies for portions of S CT, all of NYC metro and parts of Lower Hudson Valley for ground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

NEXT BRIEF

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

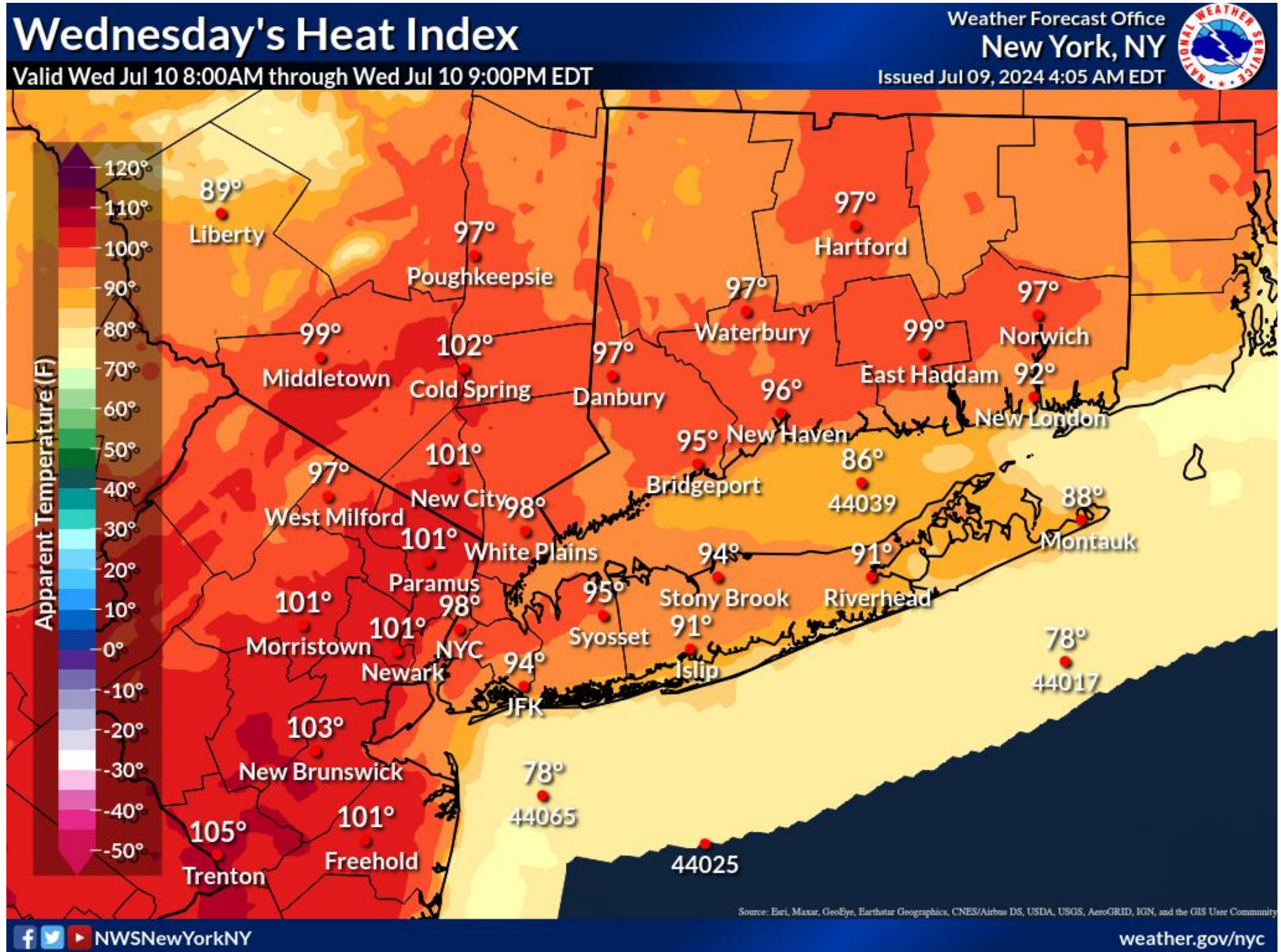


Maximum Heat Index



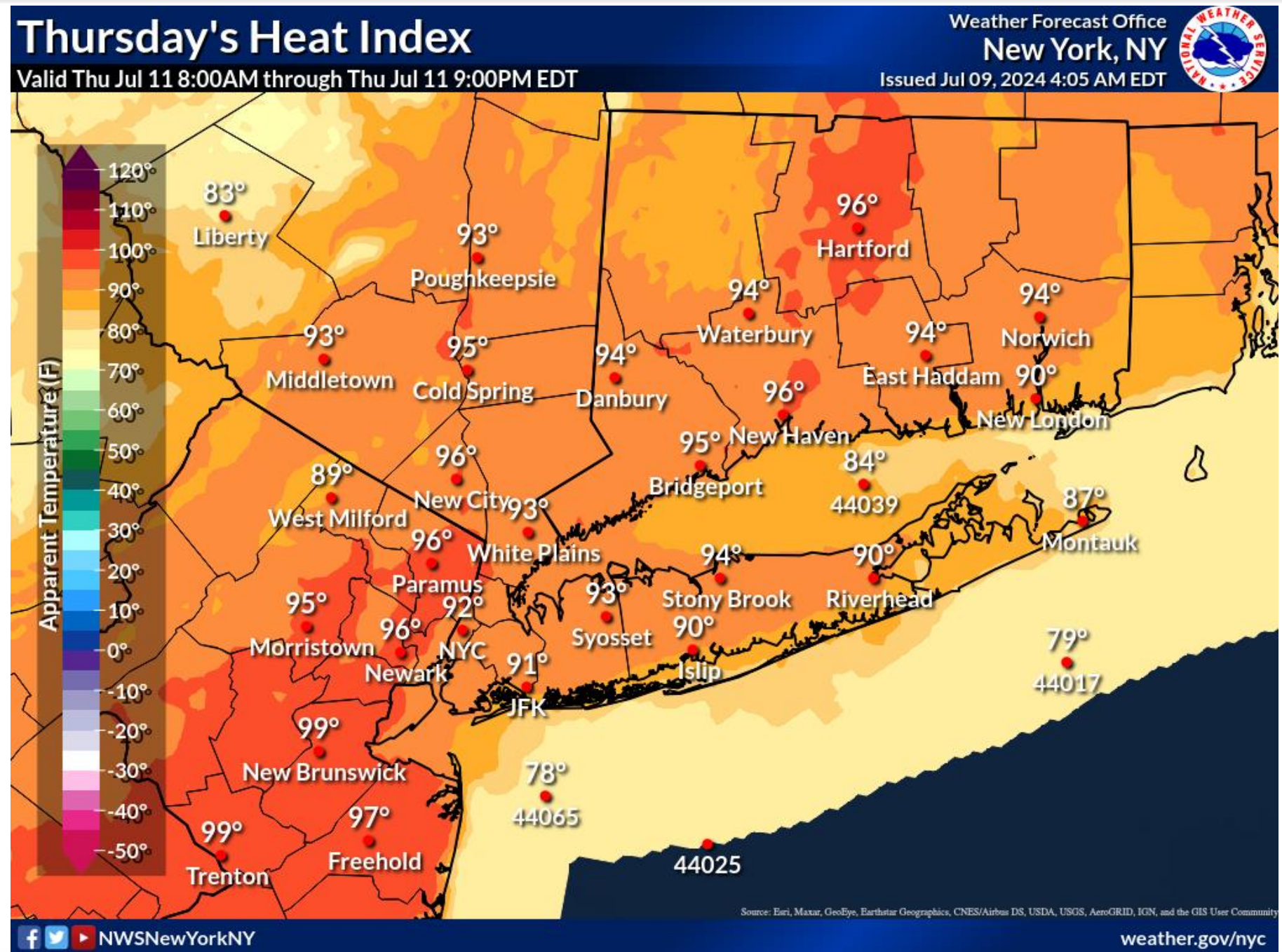


Maximum Heat Index





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

