



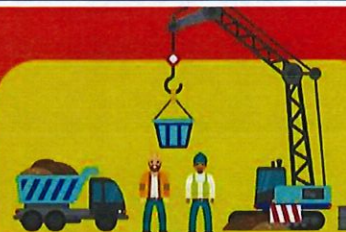
New York, NY  
WEATHER FORECAST OFFICE

# Practice HEAT SAFETY Wherever You Are

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



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



## 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

[https://www.weather.gov/wrn/heat\\_infographics](https://www.weather.gov/wrn/heat_infographics)





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# 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](https://www.weather.gov/wrn/heat_infographics)

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[www.weather.gov/nyc](https://www.weather.gov/nyc)

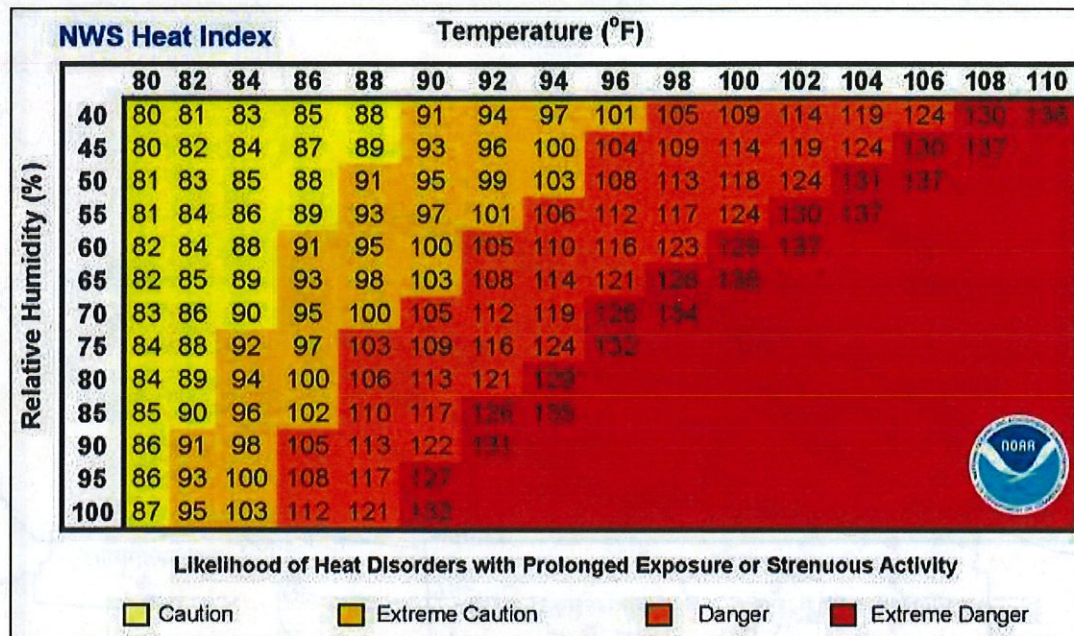


# NWS Heat Index and Effects...



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The heat index is a measure of how hot it really feels when relative humidity is factored in with air temperature. You can use this chart to find the heat index yourself. For more information on Heat Safety, please go to:  
<https://www.weather.gov/safety/heat>



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 Danger	125°F or higher	Heat stroke highly likely



# Oppressive Heat and Humidity Thursday Through Saturday



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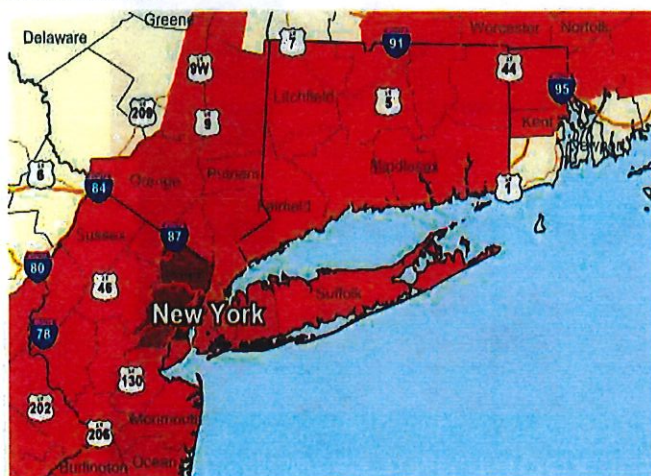
## OVERVIEW

- Oppressive heat and humidity will build into the area from the Central and Southern US Thursday through Saturday.



## Excessive Heat

Heat Advisory  
Excessive Heat Watch



Graphic Created  
July 26th, 2023  
13 AM EDT

### HAZARDS & IMPACTS

- Max Heat Index –
  - Thursday and Friday** – Widespread 105F expected across most of NE NJ, some isolated 105F also possible in Staten Island/Brooklyn, 95-104F elsewhere
  - Saturday** – Widespread 95-100F likely across NE NJ, the NYC metro area, Long Island, and most of southern CT.
  - Low temperatures will range mostly from 75-80, 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** – There is an increasing risk of heat-related illness for all populations in NE NJ Thu/Fri, and for vulnerable populations elsewhere both days and possibly into Sat.
- Thunderstorms** – There is a slight risk of severe thunderstorms during the late afternoon and evening hours on Thursday. Damaging wind is the primary threat.

### NWS ALERTS

- Excessive Heat Watch for Thu/Fri for most of NE NJ.**
- Heat Advisory elsewhere Thu/Fri.**

### POST-EVENT OUTLOOK

- A cold frontal passage will bring relief on Sunday.

### NEXT BRIEFING

- By 5pm Wednesday.

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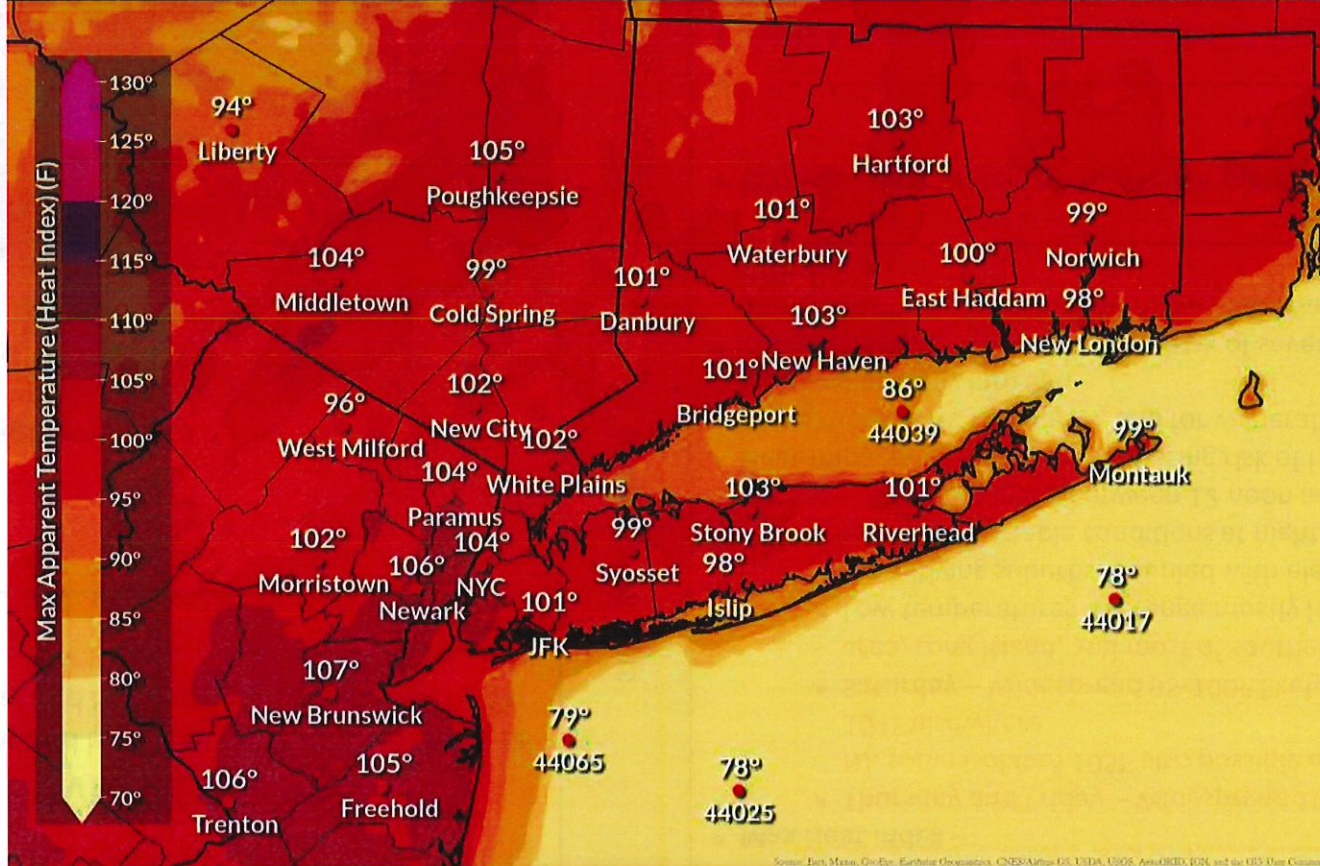
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## Thursday's Heat Index

Valid Thu Jul 27 8:00AM through Thu Jul 27 9:00PM EDT

Weather Forecast Office  
New York, NY

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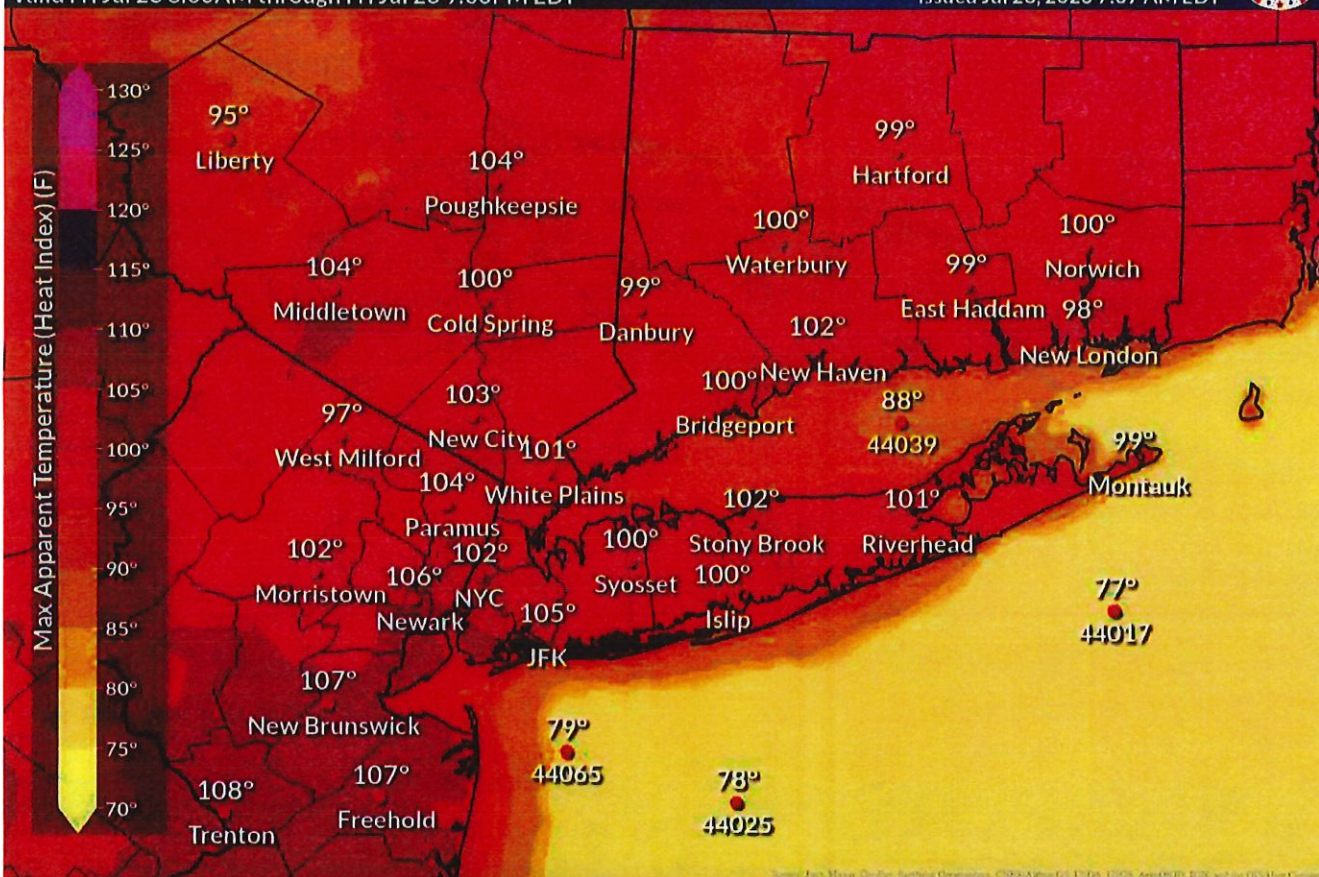
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## Friday's Heat Index

Valid Fri Jul 28 8:00AM through Fri Jul 28 9:00PM EDT

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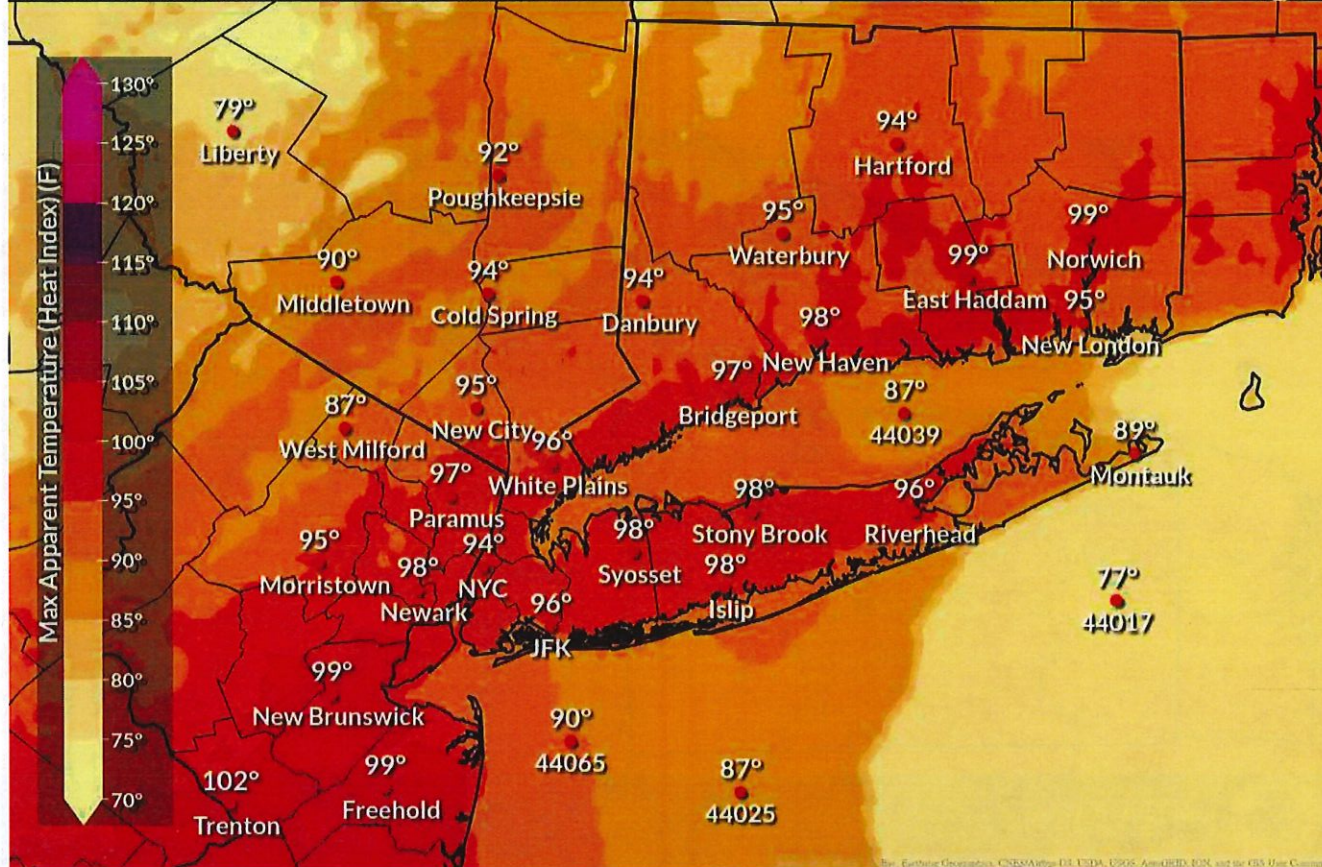
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## Saturday's Heat Index

Valid Sat Jul 29 8:00AM through Sat Jul 29 9:00PM EDT

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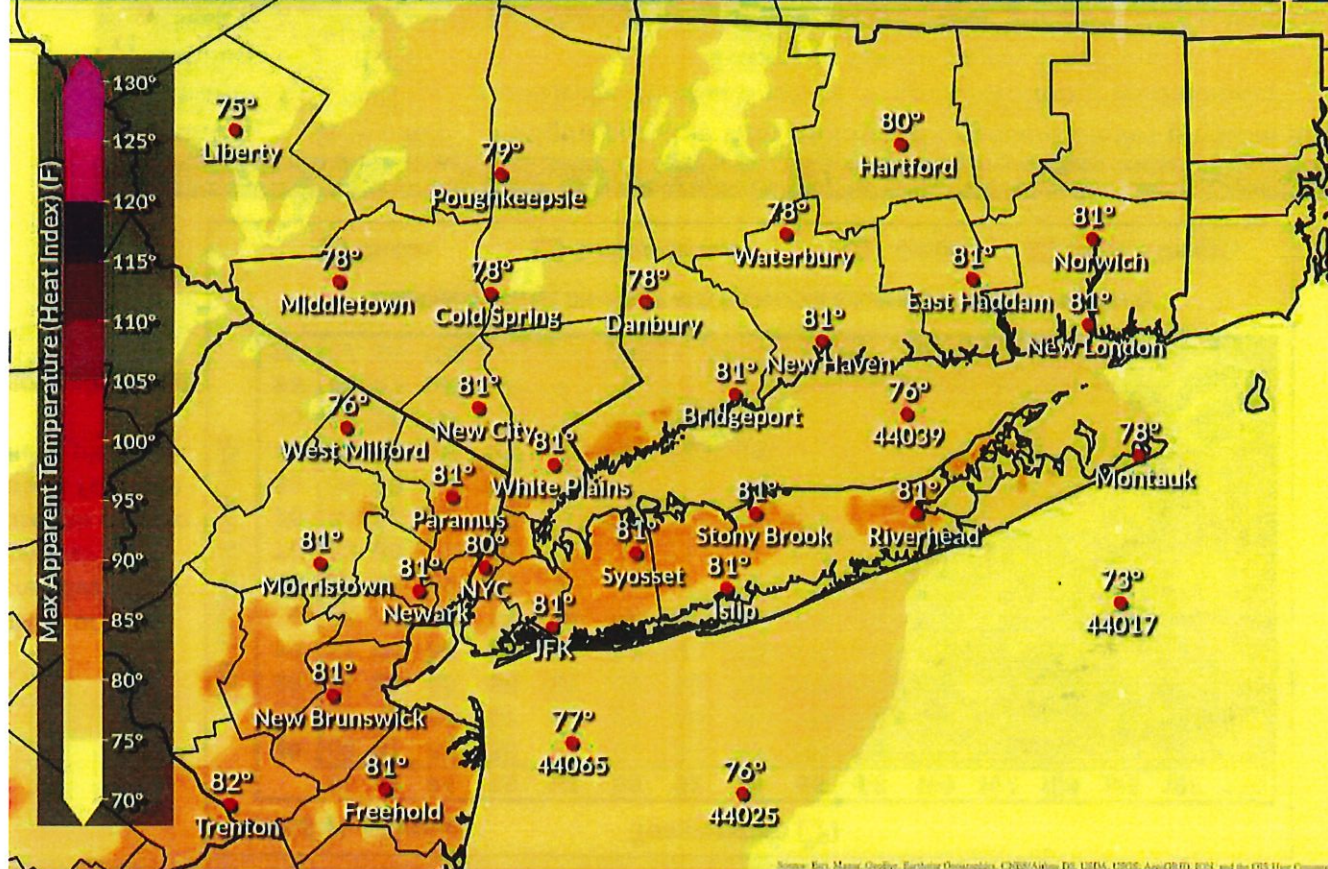
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## Sunday's Heat Index

Valid Sun Jul 30 8:00AM through Sun Jul 30 9:00PM EDT

Weather Forecast Office  
New York, NY

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