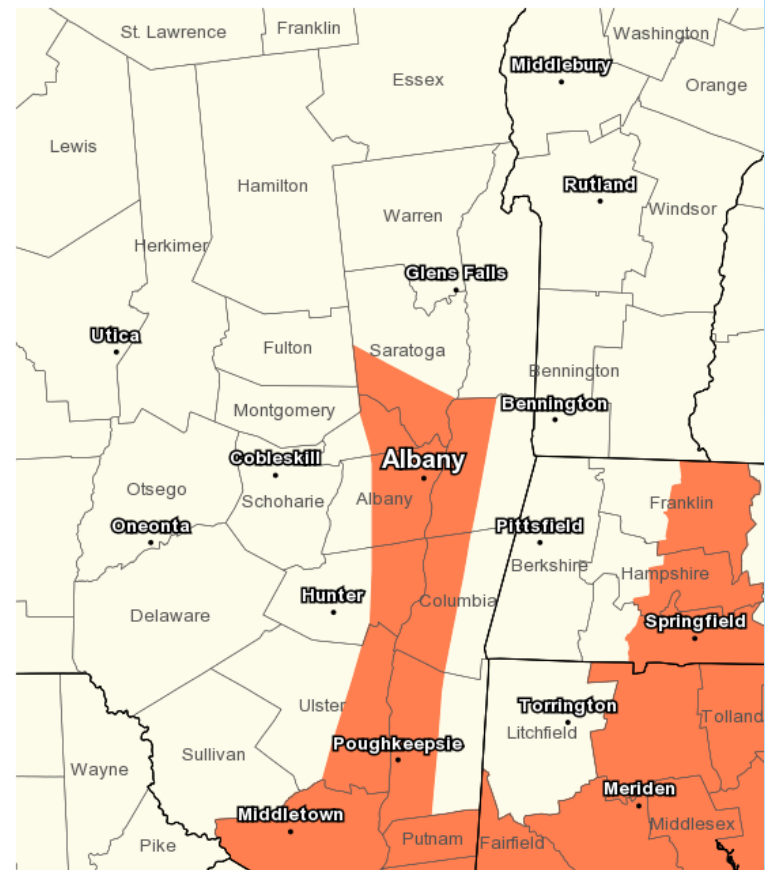


High Heat Index Values Today & Thunderstorms through Wednesday



Excessive Heat

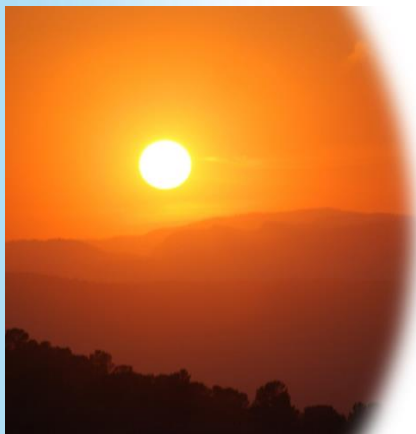
Heat Advisory



Graphic Created
July 30th, 2019
4:50 AM EDT

Decision Support Briefing # 3

As of: 445 PM Tuesday, July 30, 2019






What Has Changed?

✓ No changes at this time.



Main Points

Hazard	Impacts	Location	Timing
High Heat Index 	The combination of hot temperatures & high humidity will increase the risk for heat related illnesses	Capital Region & Mid Hudson Valley	Through this evening
Thunderstorm Winds 	Thunderstorm winds will be capable of downing trees and power lines	Eastern New York and western New England	Through this evening and again Wednesday afternoon and evening
Locally Heavy Downpours 	Heavy downpours may lead to minor flooding of urban, low lying and poor drainage areas. Isolated flash flooding cannot be ruled out.	Eastern New York and western New England	Through this evening hours today and again Wednesday afternoon and evening

Heat Advisory remains in effect for the Capital Region & Mid Hudson Valley

Impacts:

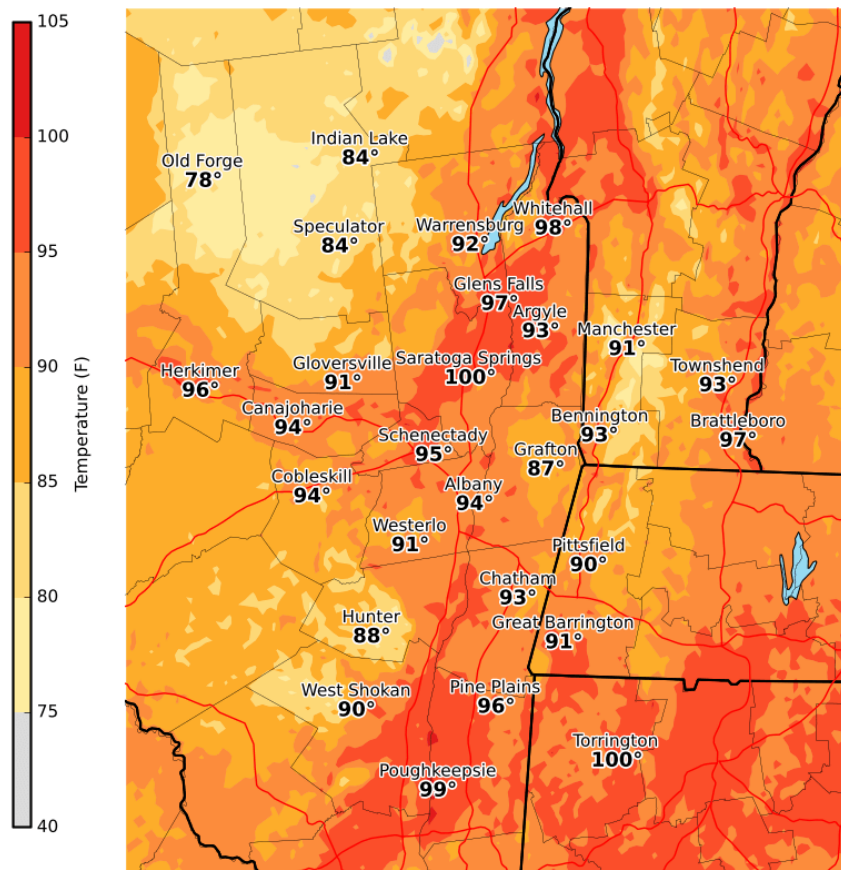
Increased threat for heat-related illnesses

Timing:

Through 8 PM this evening

Highest Heat Index Value

Valid: Through this Evening



National Weather Service
Albany, New York

07/30/2019 04:20 PM EDT

Follow Us:



weather.gov/Albany

<https://www.weather.gov/media/aly/FactSheets/NYSHeat.pdf>





Heat Advisory - Issued with 12-36 hours lead time. When the Heat Index (see attached table on next page) is expected to be between 95F and 99F degrees and last for two or more hours (NY/VT Zones) and two or more days (MA and CT Zones) or 100 to 104 for any duration.

Top Tip

When it is hot, wear lightweight, loose-fitting, light-colored clothing to reflect heat and sunlight. Hats are a great way to protect your face and scalp from harmful UV rays if you will be spending time directly in the sunshine. And apply sunscreen liberally. www.weather.gov/heatsafety #HeatSafety #KeepYourCool

Heat Index

Temperature (°F)

Relative Humidity (%)	Temperature (°F)															
	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			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

 Caution

 Extreme Caution

 Danger

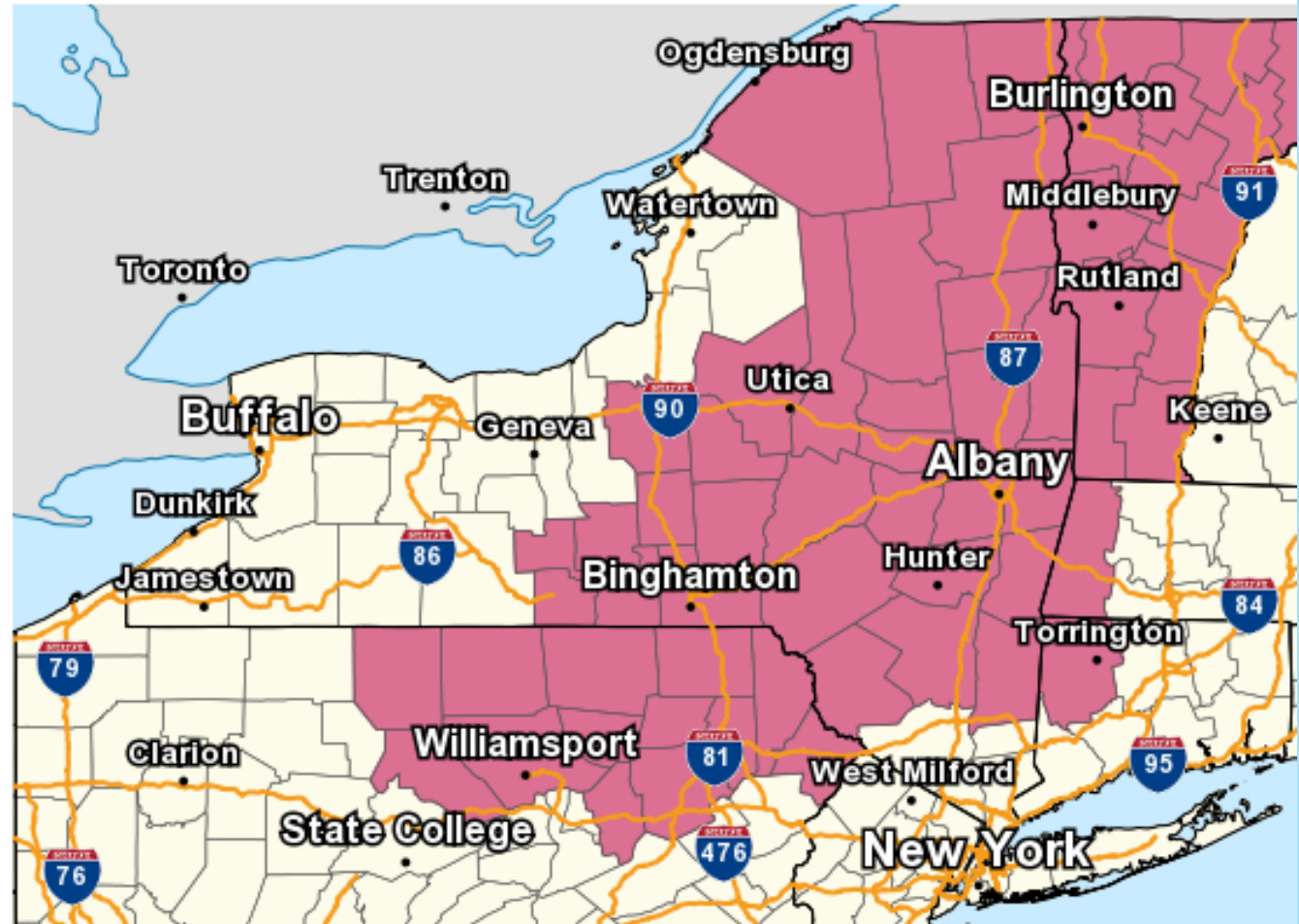
 Extreme Danger

Severe Thunderstorm Watch in Effect through 9 PM



Severe Weather Watches and Warnings

■ Severe Thunderstorm Watch



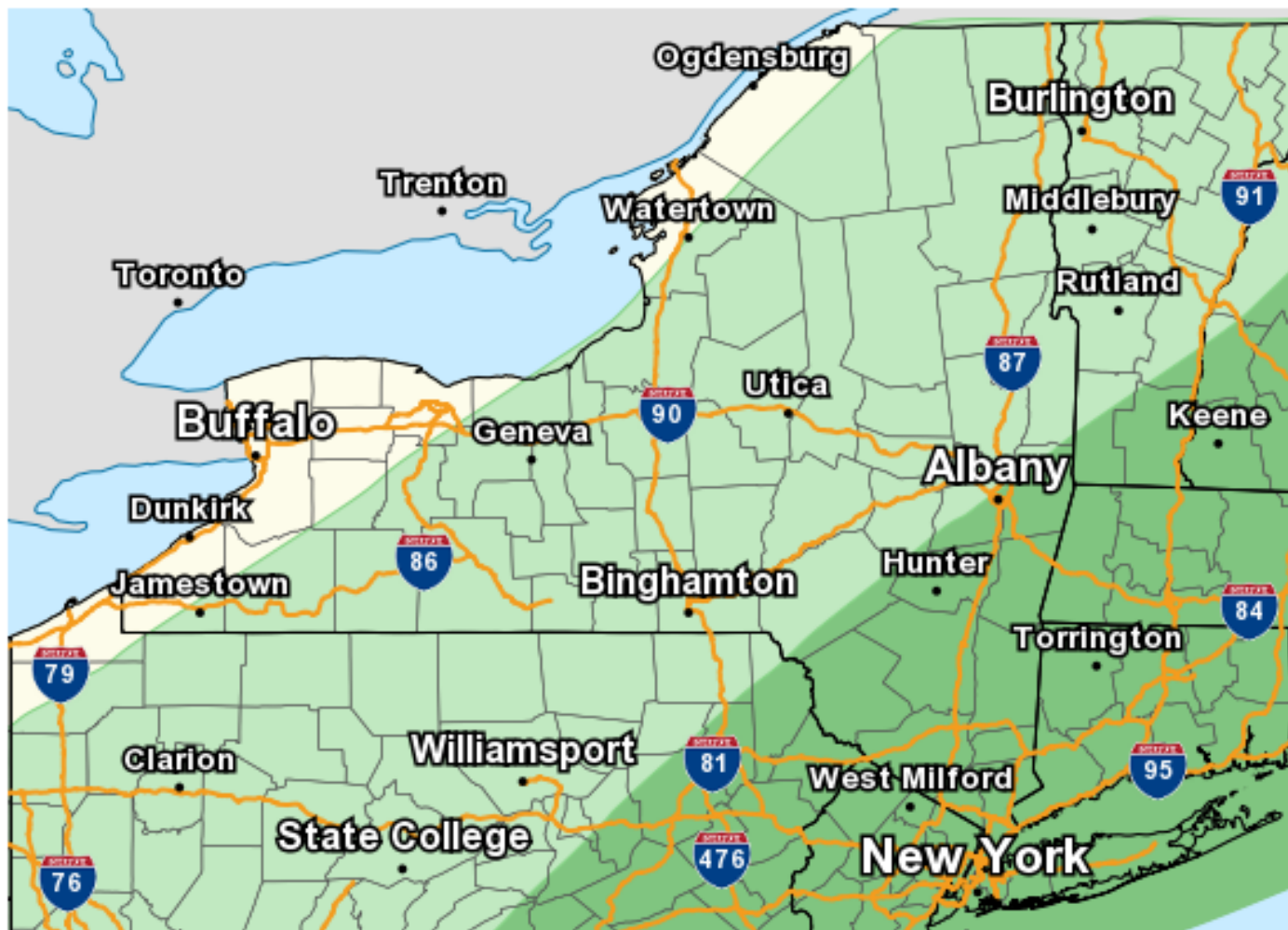
Graphic Created
July 30th, 2019
4:27 PM EDT



Tomorrow's (Wednesday) Severe Weather Outlook

- General Thunderstorms
- 1 - Marginal Risk
- 2 - Slight Risk
- 3 - Enhanced Risk
- 4 - Moderate Risk
- 5 - High Risk

THUNDERSTORMS (no label)	1 - MARGINAL (MRGL)
No severe* thunderstorms expected	Isolated severe thunderstorms possible
Lightning/flooding threats exist with all thunderstorms	Limited in duration and/or coverage and/or intensity

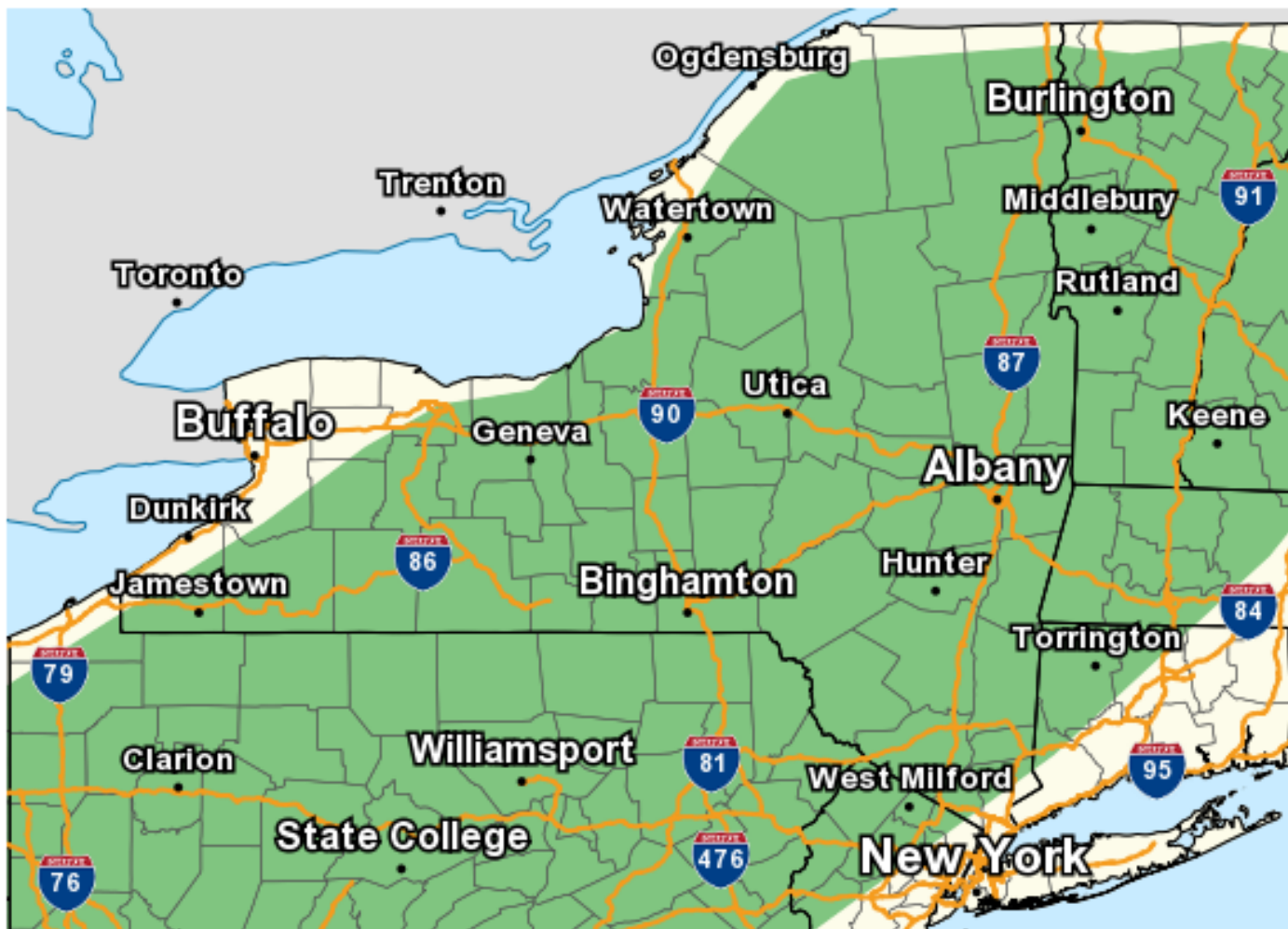


Graphic Created
July 30th, 2019
4:28 PM EDT



Day One Excessive Rainfall Outlook

- Marginal
- Slight
- Moderate
- High



Graphic Created
July 30th, 2019
4:26 PM EDT



Day Two Excessive Rainfall Outlook

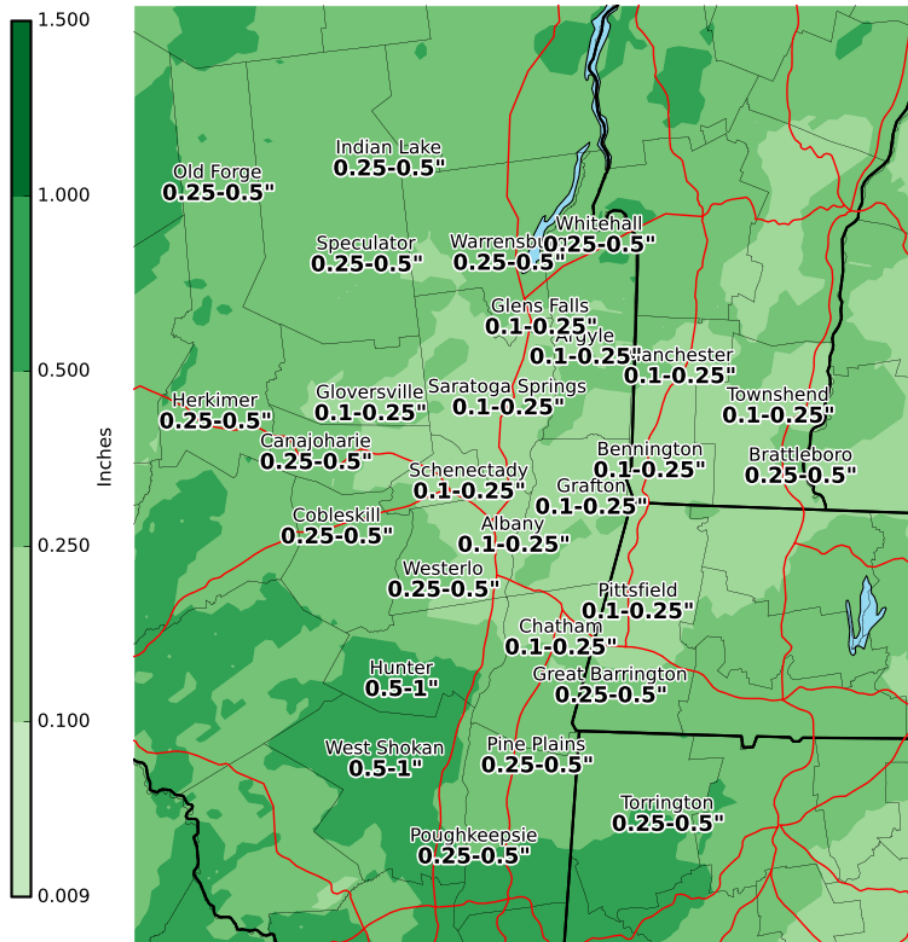
- Marginal
- Slight
- Moderate
- High



Graphic Created
July 30th, 2019
4:26 PM EDT

Total Expected Rainfall

Valid: Through Wednesday evening



National Weather Service
Albany, New York

07/30/2019 04:19 PM EDT

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Event Summary

High Heat Index Values Today







- Heat Advisory for Capital Region & Mid Hudson Valley
- Increased risk of heat related illness





Thunderstorms, some strong to severe, expected today and Wednesday

- Eastern New York and western New England
- Thunderstorm winds will be capable of downing trees and power lines

Locally heavy downpours today and Wednesday

- Minor flooding of urban, poor drainage and low lying areas possible
- Isolated flash flooding cannot be ruled out

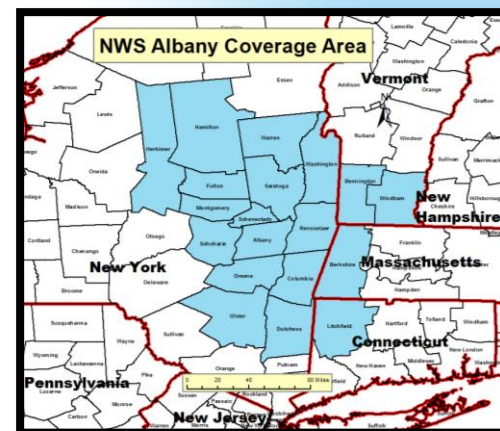
HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache, confusion
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul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

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 @SacramentoOES SacramentoReady.org

Contact and Next Briefing Information



This is the last formal briefing



Web:

<http://weather.gov/aly>



E-mail:

Alb.stormreport@noaa.gov



Facebook:

[NWSAlbany](https://www.facebook.com/NWSAlbany)



Twitter:

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YouTube:

[NWSAlbany](https://www.youtube.com/NWSAlbany)

Disclaimer: The information contained within this briefing is time-sensitive, do not use after 6 AM, Wednesday, July 31, 2019

