

**REPORT DATE AND TIME:** Monday, June 17, 2024 at 7:30 am

**HAZARDS:** Excessive Heat

**KEY MESSAGES:**

- **First Significant Heat Wave of this season.** The hottest temperatures of the summer are set to impact much of the Midwest, Great Lakes, Northeast, and Mid-Atlantic, potentially lasting through early next week. The longevity of dangerous heat forecasted for some locations has not been experienced in decades.
- **Record-Breaking Heat Expected.** Widespread daily high temperature records and a few monthly records for June are possible from the Ohio Valley to the Northeast Monday (6/17/2024) to Saturday (6/22/2024), with local max heat indices approaching 105° F. Warm overnight temperatures only dropping into the mid-70s will offer little to no relief, especially to those without adequate or reliable cooling.
- **Rapid Onset Drought Possible.** Antecedent dryness combined with hot temperatures increase the risk of Rapid Onset Drought across portions of the eastern Corn Belt and Mid-Atlantic.


**WATCHES, WARNINGS, AND ADVISORIES:**



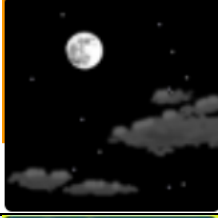

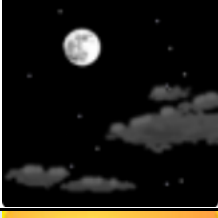
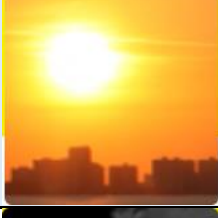

- Heat Advisory in effect from June 18, 10:00 am until June 19, 6:00 am.
- Excessive Heat Watch in effect from June 19, 6:00 am until June 22, 8:00 pm.


**Remember...**

- An **Excessive Heat Watch** is issued when there is a potential for the heat index value to reach or exceed 110° F (east of the Blue Ridge) or 105° F (west of the Blue Ridge) within the next 12 to 24 hours.
- An **Excessive Heat Warning** is issued when the heat index is expected to reach or exceed 110° F (east of the Blue Ridge) or 105° F (west of the Blue Ridge) within the next 12 to 24 hours. An Excessive Heat Warning may be issued for lower criteria if it is early in the season or during a multi-day heat wave.
- A **Heat Advisory** is issued when the heat index value is expected to reach 105 to 109° F (east of the Blue Ridge) or 100-104° F (west of the Blue Ridge) within the next 12 to 24 hours. A Heat Advisory may be issued for lower criteria if it is early in the season or during a multi-day heat wave.

**FORECAST**

	<b>TODAY</b> <b>JUNE 17</b>	<b>HIGH:</b> 89°F <b>FEELS LIKE:</b> 90°F <b>HUMIDITY:</b> 56% <b>UV INDEX:</b> 9	Mostly sunny, with a high near 89. South wind 5 to 15 mph.
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	<b>TONIGHT</b> <b>JUNE 17</b>	<b>LOW:</b> <b>FEELS LIKE:</b> <b>HUMIDITY:</b>	67°F 85°F 70%	Mostly clear, with a low around 67. South wind 5 to 10 mph.
	<b>TUESDAY</b> <b>JUNE 18</b>	<b>HIGH:</b> <b>FEELS LIKE:</b> <b>HUMIDITY:</b> <b>UV INDEX:</b>	94°F 95°F 56% 9	Sunny, with a high near 94. Southwest wind 5 to 10 mph.
	<b>TUESDAY</b> <b>NIGHT</b> <b>JUNE 18</b>	<b>LOW:</b> <b>FEELS LIKE:</b> <b>HUMIDITY:</b>	67°F 86°F 72%	Mostly clear, with a low around 67. South wind 5 to 10 mph.
	<b>WEDNESDAY</b> <b>JUNE 19</b>	<b>HIGH:</b> <b>FEELS LIKE:</b> <b>HUMIDITY:</b> <b>UV INDEX:</b>	95°F 93°F 53% 9	Sunny, with a high near 95. South wind around 5 mph.
	<b>WEDNESDAY</b> <b>NIGHT</b> <b>JUNE 19</b>	<b>LOW:</b> <b>FEELS LIKE:</b> <b>HUMIDITY:</b>	68°F 87°F 73%	Mostly clear, with a low around 68.
	<b>THURSDAY</b> <b>JUNE 20</b>	<b>HIGH:</b> <b>FEELS LIKE:</b> <b>HUMIDITY:</b> <b>UV INDEX:</b>	97°F 95°F 53% 9	Sunny and hot, with a high near 97.
	<b>THURSDAY</b> <b>NIGHT</b> <b>JUNE 20</b>	<b>LOW:</b> <b>FEELS LIKE:</b> <b>HUMIDITY:</b>	71°F 91°F 67%	Partly cloudy, with a low around 71.

	<b>FRIDAY JUNE 21</b>	<b>HIGH: FEELS LIKE: HUMIDITY: UV INDEX:</b>	101°F 99°F 51% 9	Mostly sunny and hot, with a high near 99.
	<b>FRIDAY NIGHT JUNE 21</b>	<b>LOW: FEELS LIKE: HUMIDITY:</b>	73°F 94°F 71%	Partly cloudy, with a low around 73.
	<b>SATURDAY JUNE 22</b>	<b>HIGH: FEELS LIKE: HUMIDITY: UV INDEX:</b>	99°F 97°F 56% 8	Mostly sunny and hot, with a high near 99.
	<b>SATURDAY NIGHT JUNE 22</b>	<b>LOW: FEELS LIKE: HUMIDITY:</b>	73°F 92°F 75%	Mostly cloudy, with a low around 73.
	<b>SUNDAY JUNE 23</b>	<b>HIGH: FEELS LIKE: HUMIDITY: UV INDEX:</b>	95°F 97°F 58% 8	A chance of showers and thunderstorms. Partly sunny, with a high near 95. Chance of precipitation is 30%.

## HOW TO STAY SAFE DURING EXCESSIVE HEAT EVENTS

- Outdoor Activities
  - Slow down. Reduce, eliminate, or reschedule strenuous activities until the coolest time of the day. Those particularly vulnerable to heat such as children, infants, older adults (especially those who have preexisting diseases, take certain medications, living alone or with limited mobility), those with chronic medical conditions, and pregnant women should stay in the coolest available place, not necessarily indoors.
  - Dress for summer. Wear lightweight, loose fitting, light-colored clothing to reflect heat and sunlight.
  - Minimize direct exposure to the sun. Sunburn reduces your body's ability to dissipate heat.
- Eating and Drinking
  - Eat light, cool, easy-to-digest foods such as fruit or salads. If you pack food, put it in a cooler or carry an ice pack. Don't leave it sitting in the sun. Meats and dairy products can spoil quickly in hot weather.
  - Drink plenty of water (not very cold), non-alcoholic and decaffeinated fluids, even if you don't feel thirsty. If you are on a fluid-restrictive diet or have a problem with fluid retention, consult a physician before increasing consumption of fluids.
  - Do not take salt tablets unless specified by a physician.
- Cooling Down
  - Use air conditioners or spend time in air-conditioned locations such as malls and libraries.
  - Use portable electric fans to exhaust hot air from rooms or draw in cooler air.

- Do not direct the flow of portable fans towards yourself when room temperature is hotter than 90° F. The dry blowing air will dehydrate you faster, endangering your health.
- Take a cool bath or shower.

### **HEAT SAFETY FOR OUTDOOR WORKERS**

Outdoor workers can be at a higher risk to the effects of excessive heat. The Wet Bulb Globe Temperature (WBGT) is a good measure of heat stress during outdoor activities; learn more [here](#). See [Occupational Safety and Health Administration \(OSHA\)](#) resources and recommended practices when working under hot conditions.

- Drink water often
- Rest and cool down in the shade during breaks.
- Gradually increase workload and allow more frequent breaks for new workers or workers who have been away for a week or more.
- Know symptoms, prevention, and emergency response to prevent heat-related illness and death
- Check weather forecasts ahead of time to be better prepared.

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