



Dangerous Heat Today; Flash Flood Threat Thu into Fri

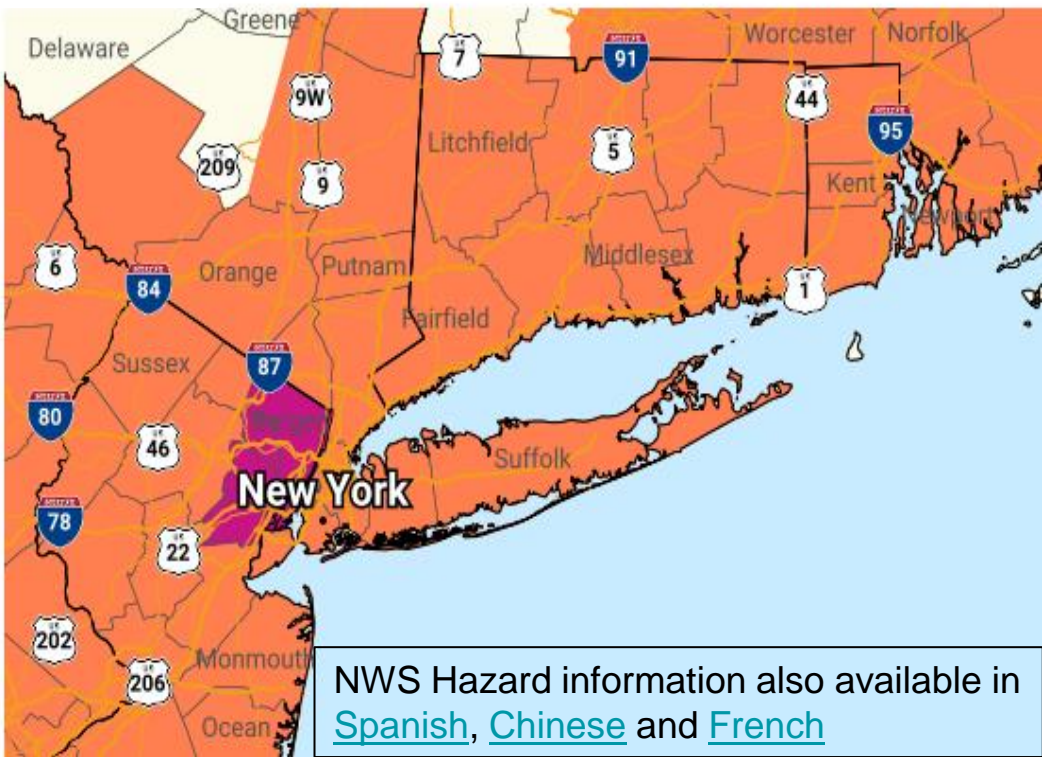
July 30, 2025
3:47 AM

Key Messages

- Hot and humid conditions continue today, with heat indices 95F-105F.
- Showers and thunderstorms this evening through midday Friday could result in heavy rainfall that results in flooding.



■ Extreme Heat Warning
■ Heat Advisory



Graphic Created
July 30th, 2025
3:33 AM EDT



National Oceanic and
Atmospheric Administration
U.S. Department of Commerce

HAZARDS & IMPACTS

High Heat & Humidity

- **Wednesday:** Max heat indices of around 95F-105F for the entire area, highest for NE NJ.

Impacts

- This level of long-duration heat, with little overnight relief, affects anyone without effective cooling and/or adequate hydration.
- Heat exhaustion and/or heat stroke is possible, especially for those with underlying illness, the elderly/very young, those performing strenuous outdoor activity, or the non-acclimated (visitors from cooler climates).
- Infrastructure and electric/water utility impacts are possible.

Mid to Late Week Flash Flood and Severe Thunderstorm Threat

- Widespread rain is possible Thursday through midday Friday as a front stalls nearby, which could result in a flash flood threat. Uncertainty exists in exactly where the front sets up and thus in where the axis of heavy rain will be.
- Isolated strong to severe thunderstorms are possible this evening as the front approaches and slowly moves through. In addition to locally heavy downpours, isolated damaging winds gusts and large hail (>1" in diameter) are possible with any thunderstorm, mainly N & W of NYC.

NWS ALERTS

- **Extreme Heat Warning** in effect for much of NE NJ through 8 PM this evening.
- **Heat Advisory** in effect for remainder of the local region through 8 PM this evening.

NEXT BRIEF

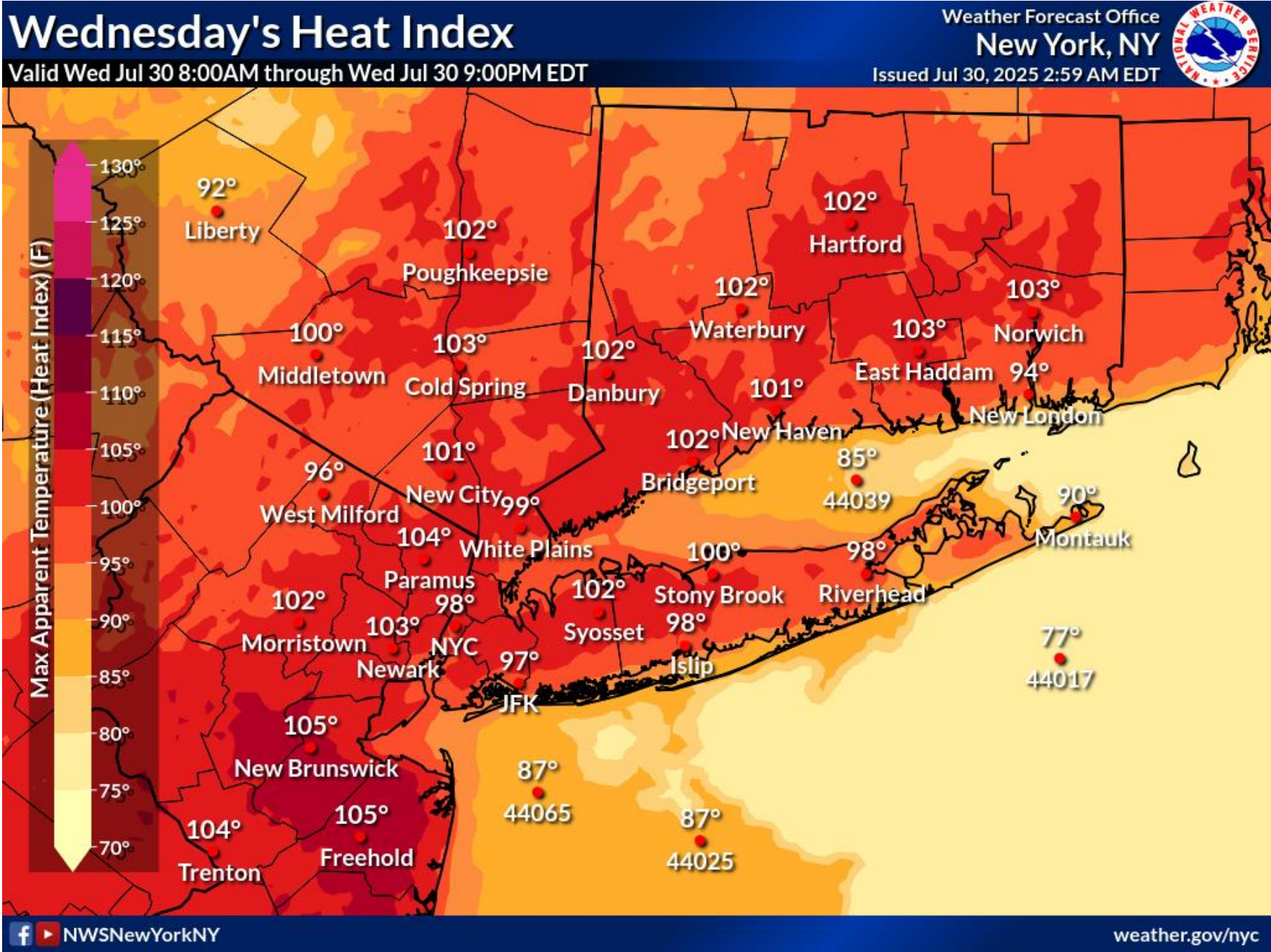
By 6 PM Wednesday.

National Weather Service
New York, NY



Maximum Heat Index for Today

July 30, 2025
3:47 AM



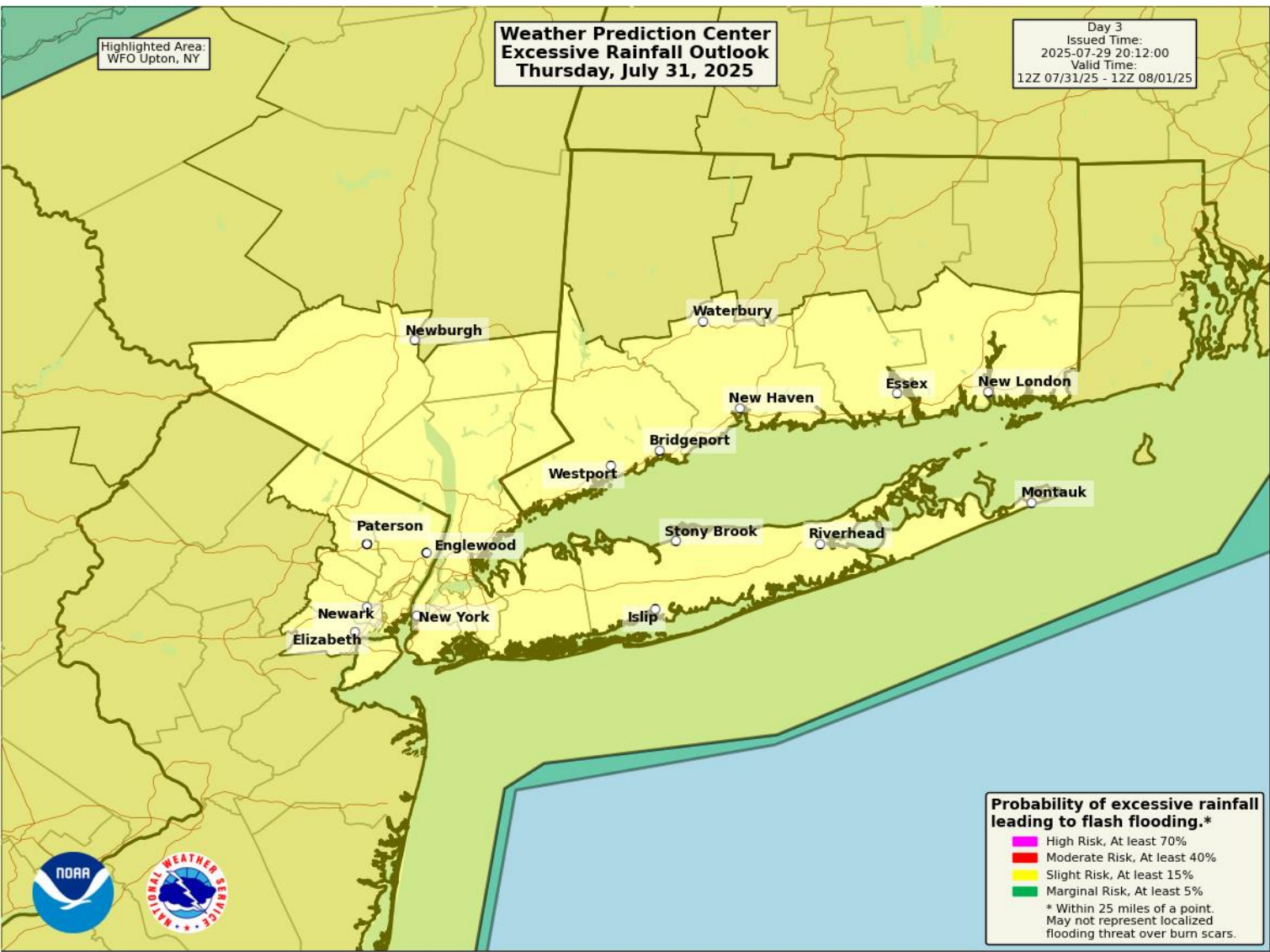
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National Weather Service
New York, NY



Flash Flooding Threat Wed PM - Fri AM

July 30, 2025
3:47 AM



Understanding WPC Excessive Rainfall Risk Categories

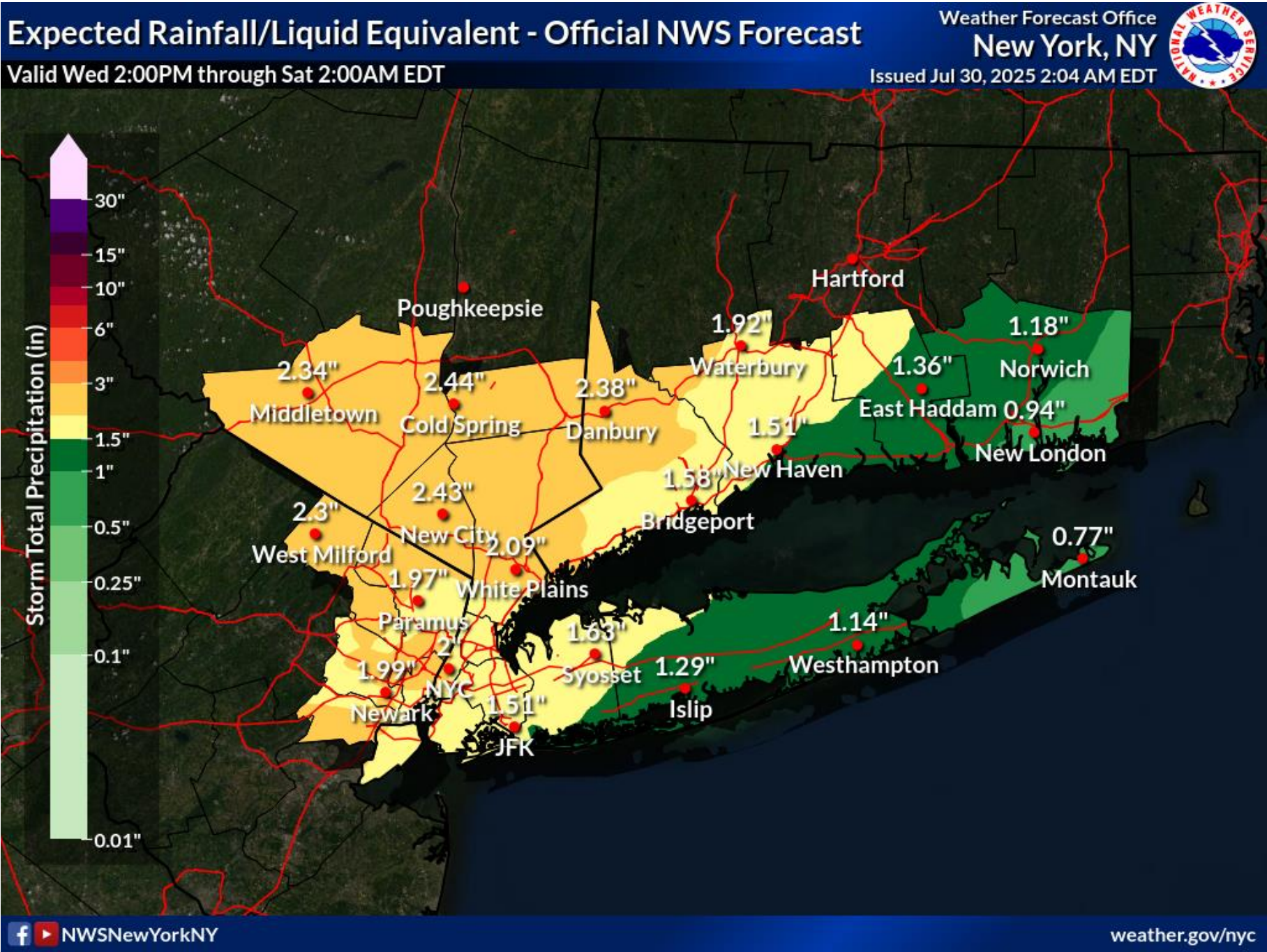
No Area/Label	MARGINAL (MRGL)	SLIGHT (SLGT)	MODERATE (MDT)	HIGH (HIGH)
Flash floods are generally not expected.	Isolated flash floods possible	Scattered flash floods possible	Numerous flash floods likely	Widespread flash floods expected
	Localized and primarily affecting places that can experience rapid runoff with heavy rainfall.	Mainly localized. Most vulnerable are urban areas, roads, small streams and washes. Isolated significant flash floods possible.	Numerous flash flooding events with significant events possible. Many streams may flood, potentially affecting larger rivers.	Severe, widespread flash flooding. Areas that don't normally experience flash flooding, could. Lives and property in greater danger.
@NWSWPC				
Flash flooding near me?	Flash Flooding			
	NO Flash Flooding			
WEATHER PREDICTION CENTER				





Rainfall Forecast

July 30, 2025
3:47 AM



National Oceanic and
Atmospheric Administration
U.S. Department of Commerce

National Weather Service
New York, NY



PROTECT YOURSELF FROM HEAT & SUN



Drink plenty of **water** and avoid alcohol. Beverages with electrolytes can also help protect against heat stress.



Apply **sunscreen** (SPF 30 or higher) every two hours.



Wear lightweight, loose-fitting, and **light-colored clothing**.



Take regular breaks in the **shade**.



weather.gov



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

