

Severe thunderstorm watch in New Jersey

Todd B. Bates, @ToddBBatesAPP 5:29 p.m. EDT July 2, 2014

All of New Jersey is under a severe thunderstorm watch until 9 p.m. tonight, according to the National Weather Service.

In a larger region that includes many other states and coastal waters, the primary threats include: scattered damaging wind gusts to 70 mph (likely) and scattered large hail events, with hail to 1 inch in diameter (possible), according to the Storm Prediction Center. A tornado or two may also form.

Arthur may be unwelcome Shore visitor July 4th

A heat advisory is also in effect from noon until 8 p.m. in inland areas of Monmouth and Ocean counties and some other counties, according to the weather service. With temperatures in the mid-90s and humid air, heat index values of around 100 degrees are expected.

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A flash flood watch is also in effect in western Monmouth County and many other counties from Thursday morning through Friday morning. A cold front from the northwest is forecast to stall over our region, with tropical moisture interacting with the cold front boundary, resulting in periods of heavy rain, according to the weather service. Expected rainfall totals should range from 1 to 3 inches, with locally higher amounts.

The heavy rainfall is expected to cause flooding along streams and creeks, on roads and in areas of poor drainage. And the flooding may happen rapidly in the heaviest of the downpours, according to the weather service.

According to the heat advisory, the hot and humid weather could be dangerous for anyone planning to be outdoors today.

Children, older adults, people with disabilities and pets are most at risk when temperatures are excessive, according to a New Jersey Office of Emergency Management statement. The office is asking state residents to check on family, friends and neighbors during hot weather, paying special attention to children and older adults, as they are most susceptible to heat stroke or heat exhaustion.

Signs that a person could be affected include: hot dry skin, rapid strong pulse, an absence of sweat, cramps, headache or confusion. Residents can contact their local and/or county offices of emergency management regarding any open air-conditioned senior centers or cooling stations, or call 2-1-1, according to the statement.

For more information regarding heat related emergencies, please log on to www.ready.nj.gov. Air quality can be monitored at www.airnow.gov.

The weather service recommends drinking plenty of fluids, staying in an air-conditioned room, staying out of the sun and checking up on relatives and neighbors.

The service also recommends that people take extra precautions if they work or spend time outdoors. When possible, reschedule strenuous activity to the early morning or evening, and know the signs and symptoms of heat exhaustion and heat stroke. Wear light and loose-fitting clothing when possible and drink plenty of water, the service says.

Tropical Storm Arthur could spawn Jersey Shore rip currents

The U.S. Occupational Safety and Health Administration recommends scheduling frequent rest breaks in shaded or air-conditioned environments. Anyone who is overcome by heat should be moved to a cool and shaded location. Heat stroke is an emergency, so call 911, the service says.

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