

Hot weather over much of the U.S. this weekend

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A local resident sits in front of an open fire hydrant Friday in The Bronx neighborhood of New York City Photo: CNN

New York, July 23 (RHC)-- What is being described as "relentless, oppressive heat" by major media outlets will grip much of the United States this weekend. Forecasters say that with the Northeast region, including New York City, expected to bear the brunt amid forecasts for near-record temperatures across the region.

More than 85 million Americans from the central U.S. to the Northeast are under heat warnings or advisories Saturday morning as officials across the country urge people to take precautions when outdoors.

"Sweltering heat over the Northeast US this weekend may lead 30+ stations to approach or exceed their record high temps by Sunday, w/ high humidity driving triple-digit heat indices along the I-95 corridor," the Weather Prediction Center warned Friday.

"In terms of actual high temps, look for daytime max temps to eclipse the century mark in the Central Plains and record breaking high temps from the Central Plains to the Northeast today (Saturday)."

Heat index values -- what the air feels like -- may reach at least 105 degrees Fahrenheit this weekend in parts of the Northeast and mid-Atlantic, aided by the suffocating humidity, the prediction center noted.

The dangerous temperatures -- which experts note are becoming more common across the globe due to climate change-- have led state and local leaders to take steps to help their residents cope with the oppressive conditions.

"Temperatures at night will struggle to drop below 80 degrees, especially in the highly urbanized areas such as Center City Philadelphia," the National Weather Service office in nearby Mount Holly said.

In New York, the governor is urging people to take advantage of cooling centers and check on particularly vulnerable communities.

"We need everyone to be on alert this weekend, keeping an eye out for any signs of heat-related illness and looking after one another," Gov. Kathy Hochul said in a news release.

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