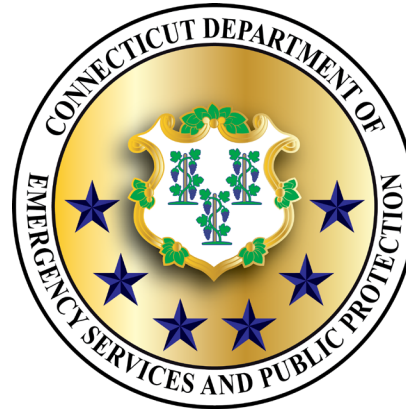


External Update...



FLOOD WATCHES ISSUED FOR WESTERN AND CENTRAL  
CONNECTICUT THIS AFTERNOON INTO THIS EVENING  
3-DAY HEAT WAVE EXPECTED THIS WEEK  
VERY HUMID CONDITIONS ALSO EXPECTED

Connecticut Department of Emergency Services & Public Protection  
Division of Emergency Management & Homeland Security

Governor Ned Lamont  
Ronell A. Higgins, Commissioner  
Brenda M. Bergeron, Deputy Commissioner  
William H. Turner III, Director

This product is a public service of the Department of Emergency Services and Public Protection (DESPP) and is intended for informational purposes only. DESPP assumes no liability for the use or distribution of this product or any actions resulting from this product.



# FLOOD WATCHES ISSUED...

Flood Watches have been issued by the National Weather Service for Litchfield, Hartford, Fairfield and Northern New Haven Counties from noon until midnight.

Towns are advised to closely monitor any slow-moving thunderstorms in their vicinity later today.



Last Map Update: Mon, Jul 14, 2025 at 4:36:39 am EDT

[Watches, Warnings & Advisories](#)



[Flood Watch](#)



[Hazardous Weather Outlook](#)



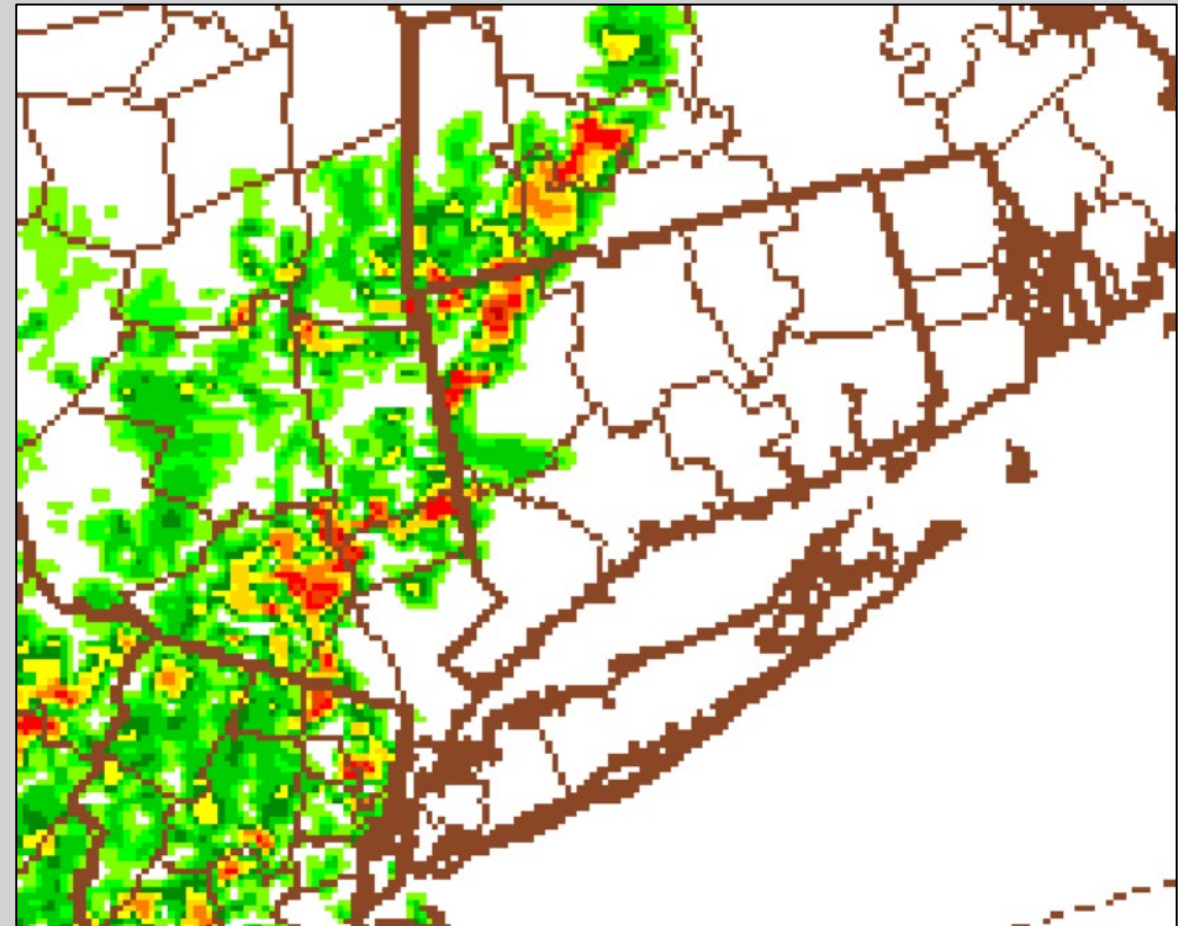


# Torrential Downpours Possible Today...



Slow-moving thunderstorms late this afternoon and this evening may cause torrential downpours with rainfall rates of 1" – 2" inches per hour. Total rainfall is forecast to range from 1" – 3". Some thunderstorms may move over the same areas repeatedly in a training effect. Western Connecticut is forecast to be the most vulnerable to these downpours as thunderstorms move into the state from the west and weaken as they move across the state.

Simulated Radar at 7:00 PM



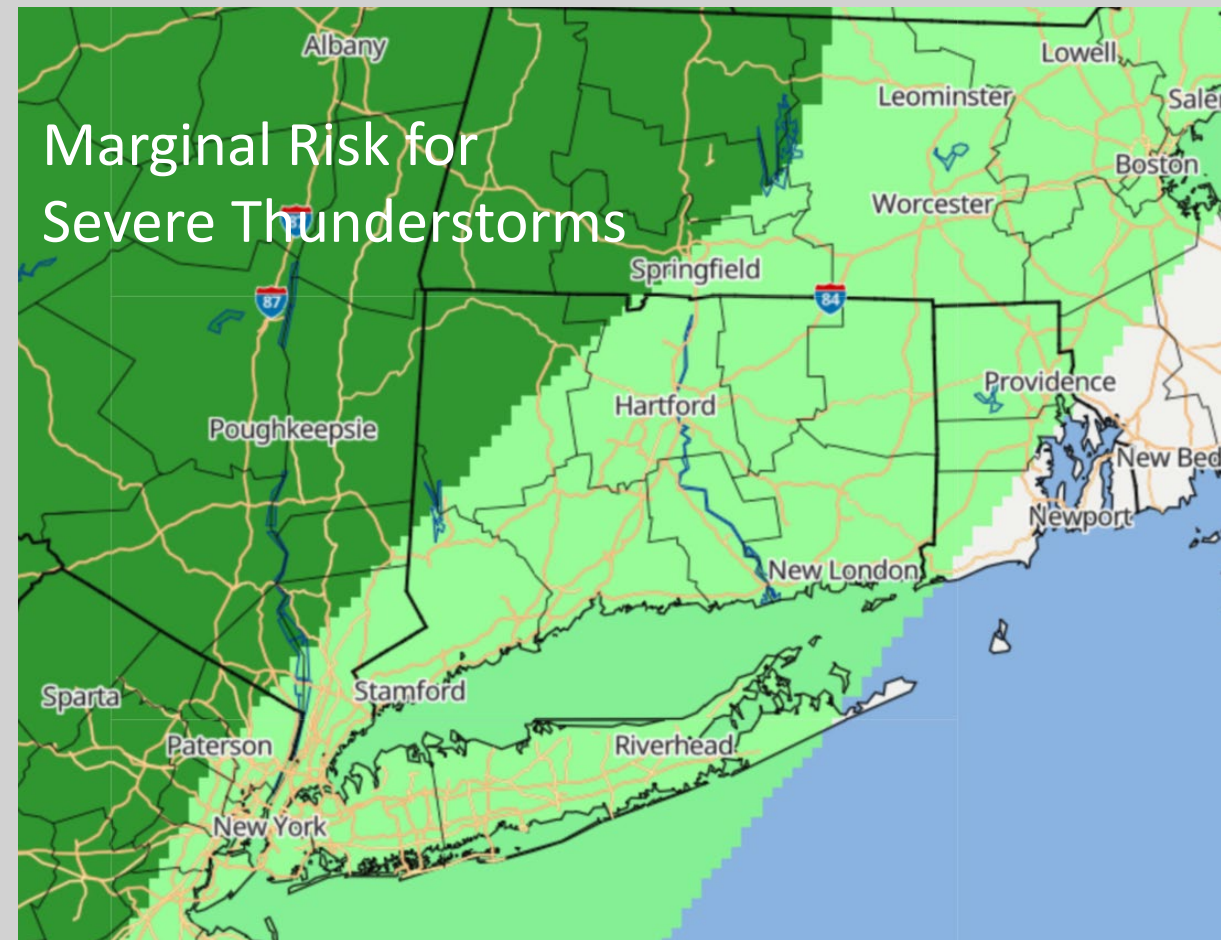


# Marginal Risk for Severe Thunderstorms in the Northwest Hills...



The NOAA Storm Prediction Center (SPC) has placed the Northwest Hills into the Marginal Risk Category for severe thunderstorms later today. The primary threat from these thunderstorms will be strong straight-line winds. This risk for hail or a weak tornado is less than 2%.

## SPC Forecast for Today

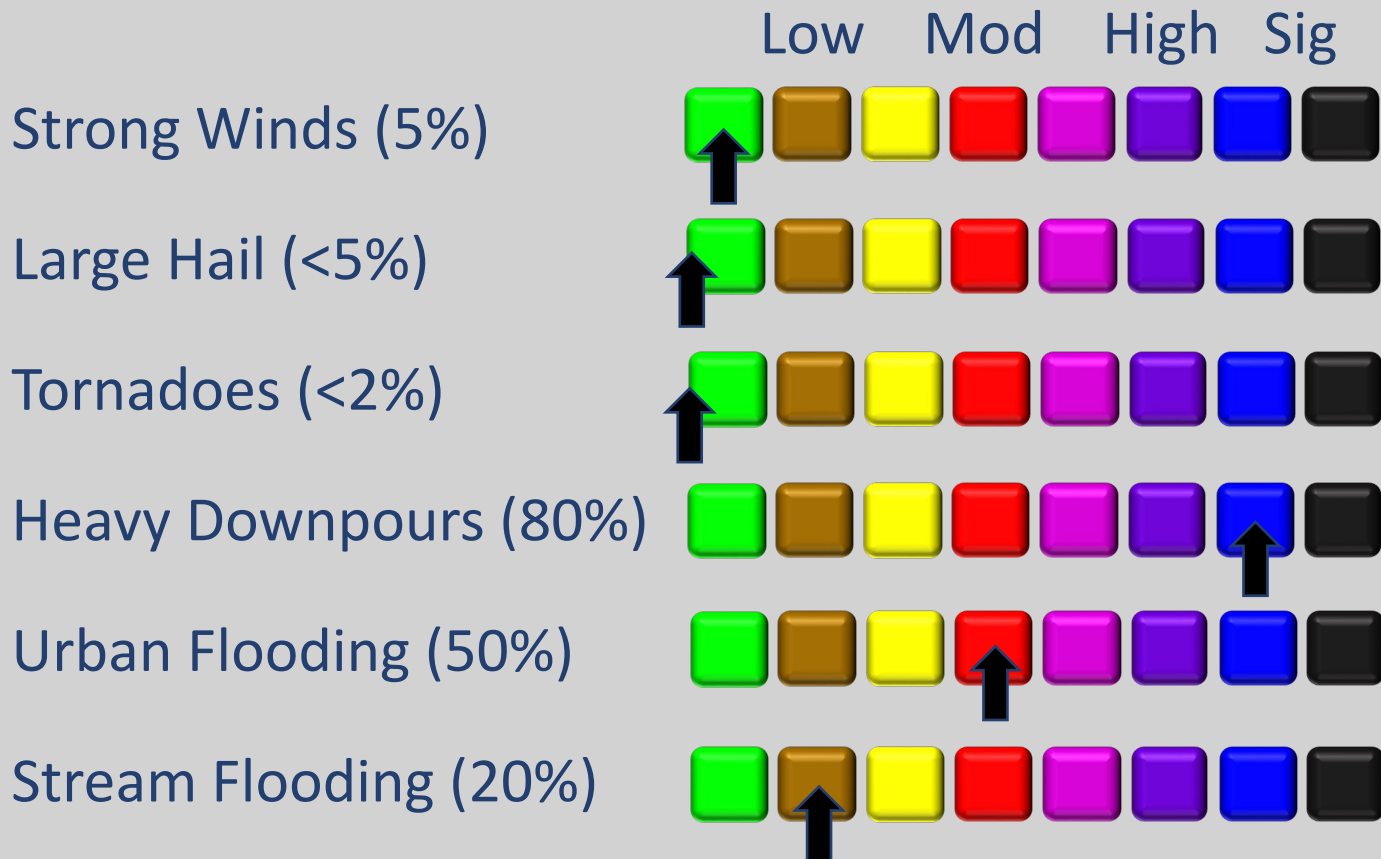


Marginal Risk for Severe Thunderstorms



# Hazards Expected...

## PRIMARY HAZARDS



The SPC is forecasting that any thunderstorms that develop will have a 5% chance of containing strong winds.

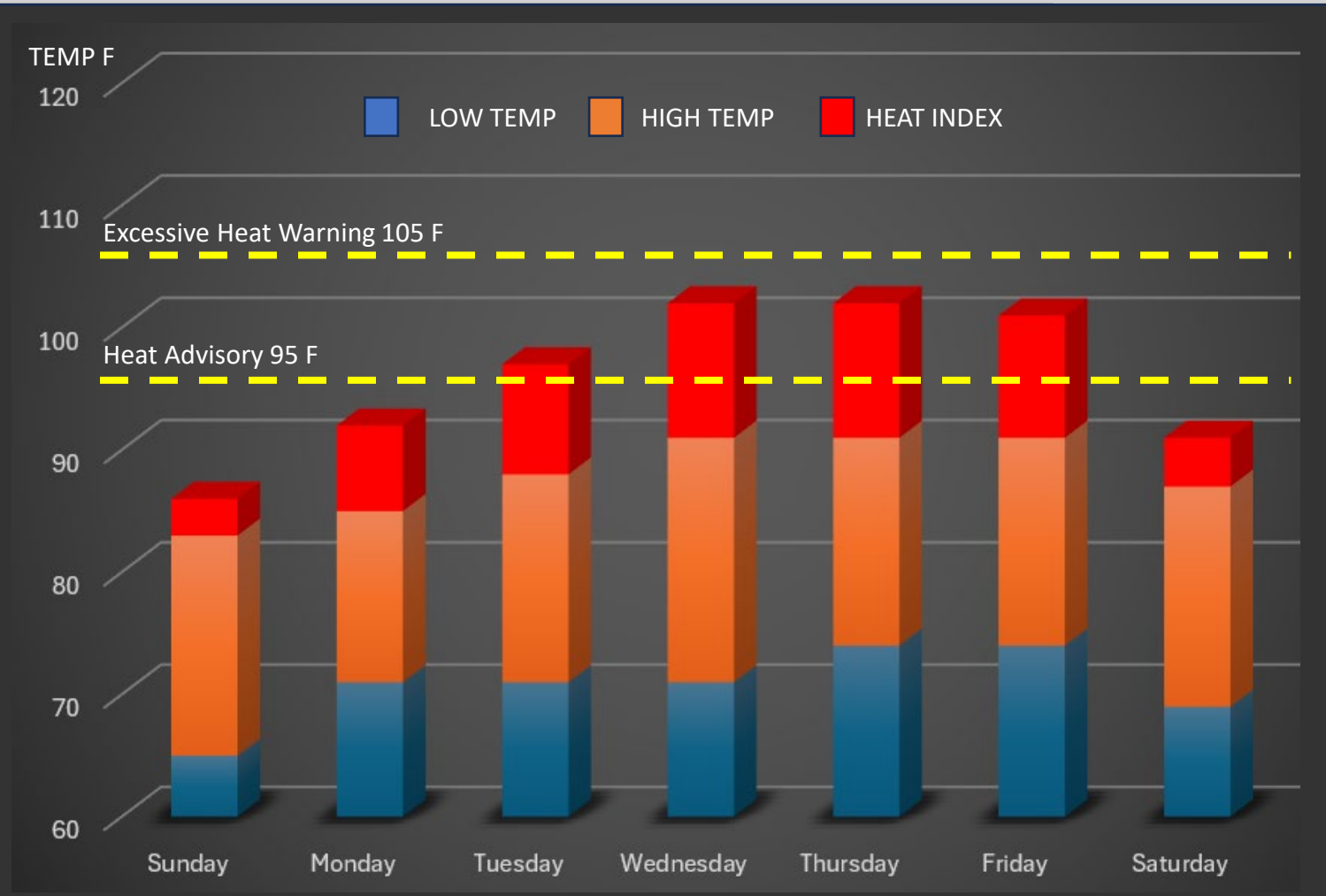
Very heavy rainfall with some slow-moving thunderstorms may cause locally significant urban flooding in a few towns.



# Temperature and Heat Index Forecast...

A 3-Day heatwave is expected this week with high temperatures in the low 90's from Wednesday to Friday.

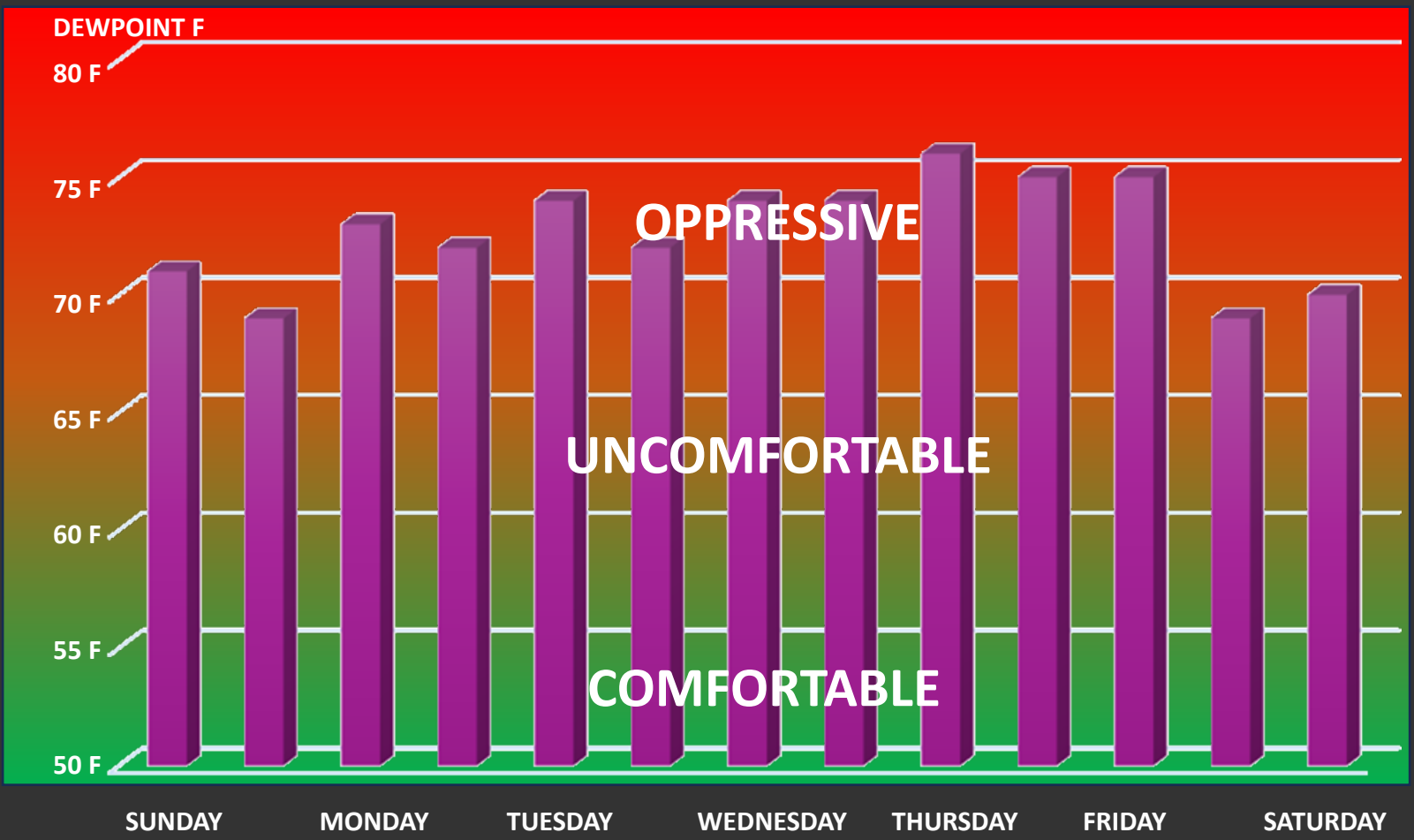
This heat wave is expected to be accompanied by very humid conditions pushing the heat index near or above 100 F on all 3 days.





# Dewpoint Forecast...

Very humid air will persist over our area this week with dewpoints climbing into the mid 70's by Tuesday and remaining oppressive thru the end of the work week. No significant relief is expected during the overnight periods which can aggravate heat stress.





# Hot Weather Safety...



**Although anyone can suffer from heat-related illnesses, some people are at greater risk than others:**

1. Infants and young children are sensitive to the effects of high temperatures and rely on others to regulate their environments and provide adequate liquids.
2. People 65 years of age or older may not compensate for heat stress efficiently and are less likely to sense and respond to change in temperature.
3. People who are overweight may be prone to heat sickness because of their tendency to retain more body heat.
4. People who overexert during work or exercise may become dehydrated and susceptible to heat sickness.
5. People who are physically ill, especially those with heart disease or high blood pressure, or who take certain medications, such as those for depression, insomnia, or poor circulation, may be affected by extreme heat.



# Hot Weather Tips...



## **Stay cool: Keep your body temperature cool to avoid heat-related illness.**

1. Stay in air-conditioned buildings as much as possible.
2. If you must be outdoors, try to limit your outdoor activity to the morning and evening.
3. Try to rest often in shady areas so that your body has a chance to cool off.
4. Find an air-conditioned shelter. (Call 2-1-1 for a list of cooling centers). Do not rely on a fan as your primary cooling device.
5. Avoid direct sunlight.
6. Wear lightweight, light-colored clothing.
7. Take cool showers or baths.
8. Check on those most at-risk several times a day.
9. Pets that cannot be brought indoors should be provided ready access to water and shade to keep them cool.



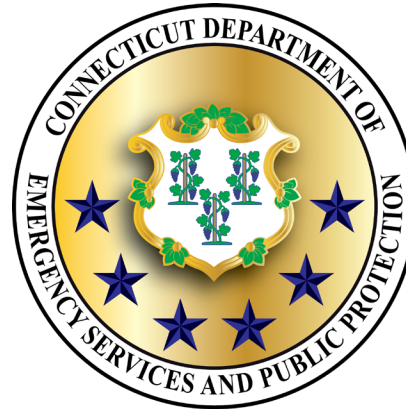
# Hot Weather Tips...



**Stay Hydrated: Because your body loses fluids through sweat, you can become dehydrated during times of extreme heat**

1. Drink more water than usual.
2. Don't wait until you're thirsty to drink more fluids.
3. Drink from two to four cups of water every hour while working or exercising outside.
4. Avoid alcohol or liquids containing high amounts of sugar.
5. Remind others to drink enough water

Next Update...



DESPP / DEMHS Will Continue to Monitor Conditions and Will Send Out Additional Updates If Significant Flooding is Reported

Governor Ned Lamont  
Ronnell A. Higgins, Commissioner  
Brenda M. Bergeron, Deputy Commissioner  
William H. Turner III, Director

This product is a public service of the Department of Emergency Services and Public Protection (DESPP) and is intended for informational purposes only. DESPP assumes no liability for the use or distribution of this product or any actions resulting from this product.