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Another round of showers and thunderstorms moved across the Mid-Atlantic Tuesday after intense rain set off dangerous flash flooding from Virginia to New York on Monday, leaving at least two dead and prompting dozens of rescues as water overwhelmed roads and subways. Monday saw the most flash flood warnings ever issued in a single July day, with nearly 100, primarily across the Mid-Atlantic and Northeast. Flooding was reported near Newark, New Jersey, New York City, northern Virginia and southern Maryland, according to the National Weather Service. Two people died in Plainfield, New Jersey, after a vehicle was swept away by floodwater, Union County spokesperson Kelly Martins told CNN in a statement. Tuesdays storms were more scattered and less intense than Mondays, but rainfall rates were heavy and with the ground already soaked, even small amounts of rain caused problems. The weather service reported flash flooding in areas of North Carolina Tuesday evening, including Burlington and Mount Airy, where vehicles were stranded, roads washed out, and water rushed into homes. Scattered showers are expected to continue across the Appalachian region, particularly western North Carolina, Wednesday morning. Showers on Monday dominated the Northeast by the latter half of the day and the heaviest storms arrived by early evening, threatening rush hour commuters. New York City experienced its second wettest hour on record Monday night after a little over 2 inches fell between 7 p.m. and 8 p.m. local time. This record is only beat by the approximately three-and-a-half inches of rain recorded during the remnants of Hurricane Ida in 2021. New York City received a total of 2.64 inches of rain, shattering its previous record for July 14 rainfall set in 1908. Videos on social media showed water gushing onto platforms in New Yorks subway and flowing through subway cars as passengers crouched on seats. At least one subway station was flooded by the deluge, according to a spokesperson with the Metropolitan Transit Authority. Several trains were also suspended, delayed or rerouted due to the flooding, according to MTAs website. Several airports in the New York City area issued temporary ground stops and delays Monday evening, according to the Federal Aviation Administration, and impacts were also reported at Ronald Reagan Washington National Airport and Boston Logan International Airport. New Jersey Gov. Phil Murphy declared a state of emergency due to the flooding Monday night, warning residents to remain off the roads unless absolutely necessary. The governor on Tuesday noted some roadways remained closed as crews worked to clear debris, make emergency road repairs, and remove abandoned cars caught in last nights flooding. North Plainfield, New Jersey, Mayor Lawrence La Ronde told CNN affiliate WABC emergency crews rescued people from at least 30 homes, after streets became completely flooded and were impassable. In Union County, New Jersey, where the two deaths occurred, police assisted with 19 water rescues and the countys regional communications center received over 1,200 emergency calls in just two hours during the height of the storm, Martins, the spokesperson, added. The area saw rainfall totals between 3 to 5 inches. In Lancaster County, Pennsylvania, 16 water rescues were reported in Mount Joy Township Monday afternoon, according to the Mount Joy Fire Department. Starting around 2:00 p.m., intense rainfall dropped over 7 inches of rain in less than five hours, overwhelming stormwater infrastructure and inundating portions of the borough, the fire department said in a Facebook post. The west end of town was hardest hit, with reports of over 5 feet of water in some homes. More showers began to develop in the Mid-Atlantic and Southeast Tuesday afternoon, lingering over parts of western North Carolina and Virginia during the evening. Showers will start clearing up by early Wednesday. Weather will remain quiet until the flood threat shifts north once again Wednesday into Thursday, with a level 2 of 4 excessive rainfall risk for most of Pennsylvania, the Washington, DC, Metropiex, eastern Ohio and northern West Virginia. Much of the area impacted by flooding early in the week had seen up to 300% of their normal rainfall over the past two weeks. Record-breaking flood events have happened nearly back-to-back in recent weeks, most notably in Texas Hill Country, where more than 130 people died after catastrophic flooding on July 4. New Mexico, North Carolina and other East Coast states have also seen life-threatening floods and historic rainfall this month. More than 3,000 flash flood warnings have been issued so far this year by National Weather Service offices around the country, with the current count higher than any previous year through July 14 since such records began in 1986. Overwhelming rainfall is becoming more prevalent in a warming world, as rising global temperatures drive weather toward extremes. Hourly rainfall rates have grown heavier in nearly 90% of large US cities since 1970, according to a recent study from the nonprofit research group Climate Central. Storms thrive on warm, moist air, and with the nation approaching peak summer heat, this month has seen the perfect conditions for flooding rain. This story has been updated with additional information. CNNs Jillian Sykes, Taylor Romine, Sarah Dewberry and Lauren Mascarenhas, and CNN Meteorologists Brandon Miller and Briana Waxman contributed to this report. Editors Note: This story was originally published on Monday and has been updated to reflect Andrew Cuomo conceding the mayoral primary race to Zohran Mamdani. New York CNN Zohran Mamdani could barely walk a few feet at a recent Juneteenth festival in Queens without a crowd of selfie-demanding admirers trying to stop him. Mamdani is a 33-year-old state assemblyman and democratic socialist who surged in the campaign for New York City mayor with a mix of viral videos and proposals appealing to younger progressives. He capitalized on progressive frustration with Andrew Cuomo, the former New York governor who was attempting a political comeback with a mayoral run; in one of his videos, he explains New York Citys ranked-choice voting system in Hindi and Urdu and likens Cuomo to a Bollywood villain. Mamdani is poised to become the Democratic primary winner. Cuomo conceded to Mamdani on Tuesday night, though ranked-choice votes will be needed to declare a winner. Mamdanis rise caused growing consternation from the Democratic establishment. His critics argue his platform is too far to the left for moderates and certain to be weaponized by local and national Republicans trying to paint the Democratic Party as out of touch. Hes also faced criticism about how hes addressed the Israel-Hamas war. That concern was hard to find at his campaign stops before the election, notably Thursdays festival in Queens. Mamdani stood onstage awkwardly but joyfully two-stepping and swaying side to side next to other candidates in the primary. Then he walked through the park on a sweltering day, joking that he was fine in his wool suit because he had on an undershirt. Weve seen a campaign that is powered by the hunger of New Yorkers for a new generation of leadership, Mamdani told CNN. Heres what to know about Mamdani and his campaign. Mamdani is a three-term state assemblyman who represents parts of Queens, one of the the most diverse areas in the nation. He is an immigrant from Uganda who was first raised in Cape Town, South Africa, and later in New York City, attending the prestigious Bronx High School of Science before enrolling at Bowdoin College. He is the son of Mahmood Mamdani, a professor at Columbia University, and Mira Nair, an Indian filmmaker whose credits include Mississippi Masala and Monsoon Wedding. Prior to his mayoral campaign, Mamdani made national headlines in 2021 when he joined New York City cab drivers on a 15-day hunger strike seeking relief from excessive debt. He also moonlighted as a rapper under the stage name Mr. Cardamom rapping about chapati, an Indian flatbread and worked as foreclosure prevention counselor. If elected mayor, he would become one of the youngest people to ever hold the post. Mamdani would also become the first Muslim mayor in the history of the city home to more than half a million Muslims and one of the largest Jewish populations outside of Israel. Mamdani wants to freeze the rent for nearly 1 million New Yorkers living in rent-stabilized apartments and provide free city bus service, universal childcare and city-subsidized grocery stores. Mamdani has said he will pay for it all by raising taxes on the citys wealthiest, even though he would have little power to do so from City Hall. Taxes can be raised or lowered only by state lawmakers with approval from the governor. Democratic Gov. Kathy Hochul has already thrown cold water on the proposal, saying the move is likely to drive more New Yorkers out of the concrete jungle and toward Florida and other lower-tax destinations. Mamdanis campaign has raised \$7 million from thousands of individual donors and mobilized an army of volunteers. He secured the endorsement of Rep. Alexandra Ocasio-Cortez, Vermont Sen. Bernie Sanders and the United Auto Workers union. This race is not just symbolic about the future of New York City, this race is symbolic about the future of our country, Ocasio-Cortez said during a campaign rally packed with more than 2,000 supporters last week. For so long we have had political leadership, including in the Democratic Party, that has just wanted to play it safe. Democratic establishment concern was laid out in a pre-election call held by Third Way, a national think tank that favors a centrist political agenda. The group released a memo last week, warning that a Mamdanis win would be a devastating blow in the fight to defeat Trumpism. Were really worried about all Democrats going forward if Mamdani were to win, Matt Bennett, executive vice president for public affairs, told reporters during the call. Even if he doesnt win the election, if he just wins the Democratic nomination, that can hurt Democrats. Cuomo has made his long career in government and experience with President Donald Trump the cornerstones of his comeback run. He dismisses Mamdani as an inexperienced leader with unrealistic ideas and suggests Trump would run through Mamdani like a hot knife through butter. Hes never done any of the essentials. And now you have Donald Trump on top of all of that, Cuomo said during a recent debate. Mamdani responded by zeroing in on Cuomos sexual harassment scandals, his reputation as a bully and his billionaire donors. Cuomo has repeatedly denied the misconduct allegations. Ive never had to resign in disgrace, Mamdani said during one debate. I have never hounded the 13 women who credibly accused me of sexual harassment. I have never sued for their gynecological records. And I have never done these things because I am not you, Mr. Cuomo. Cuomo and other rivals of Mamdani called out how hes spoken about antisemitism and the Israel-Hamas war. Mamdani has accused the Israeli government of carrying out a genocide. And he defended the use of the slogan globalize the intifada as a rallying cry for Palestinian human rights during an interview with The Bulwark. Mamdani said he believed the phrase was about a desperate desire for equality and equal rights in standing up for Palestinian human rights, explaining that the US Holocaust Museum used a similar Arabic word meaning uprising to describe the Warsaw Ghetto Uprising against the Nazis. I have shared my opinions with New Yorkers over the course of this race, but they will most likely try to ensure that the formulation has efficacy again this variant. CNN: What are symptoms of N.B.1.8.1 infection? Wen: The symptoms appear to be similar to infection with other variants. There is a large range of symptoms and severity. Some patients may have allergy-like symptoms, such as stuffy and runny nose. Others may have cold- or flu-like symptoms, with fever, sore throat, fatigue, headache and muscle or body aches. Some people may develop cough and difficulty breathing. Some may have nausea, vomiting or diarrhea. While most people will recover, some could become severely ill and require hospitalization. Some individuals who contract Covid-19 may also develop the post-viral condition known as long Covid. CNN: Could another summer wave really happen again? Wen: Yes. It could be triggered by a new variant thats more contagious and that has some degree of immune escape. A wave also could occur simply because of declining population immunity. Some experts believe that the emergence of this new strain combined with less recent Covid-19 activity could start a wave in the next couple of months. What we have seen from several years of experience with Covid-19 is that infections tend to come in waves. A surge in cases leads to many people falling ill, then recovering and developing short-term immunity to infection. Infection rates decline for several months, then they begin to increase again. Summer waves of Covid-19 have occurred over the past few years. Its certainly possible that the pattern repeats this year. CNN: Who should consider getting the vaccine now instead of waiting for the fall formulation? Wen: This is a difficult question to answer because the landscape around Covid-19 vaccination has been changing. Just last month, US Health and Human Services Secretary Robert F. Kennedy Jr. announced that Covid-19 shots are no longer recommended for healthy children and pregnant women. These shots appear to still be accessible for children; for instance, the CDCs guidance now reads that children can get the shots after consulting with their health care provider. However, there are already reports of pregnant women having more difficulty obtaining these vaccines. This and other guidance could soon change, as Kennedy has reconstituted the panel of external experts who advise the CDC on vaccine recommendations, and this new panel could make different decisions during their upcoming meeting in late June. Another uncertainty is when a new round of vaccines will be made available. One way to approach this decision is to consider your risk of severe outcomes if you were to contract Covid-19. Those who are 65 and over or who have chronic underlying medical conditions should consider getting another dose of the vaccine now, if they are eligible. That way, they have additional protection in case there is a summer wave, since the existing vaccine probably retains some efficacy against the new variant. And they can still get another dose in the fall when the new formulation will presumably be released. As for those who are younger and generally healthy, some who have not yet received the 2024-25 formulation also may consider getting the vaccine now before guidelines change and they may no longer be eligible. People should discuss their specific medical situations with their primary care physician. CNN: What precautions should people consider to reduce their risk of contracting this variant? Wen: The same precautions weve been discussing throughout the Covid-19 pandemic still apply. This is a respiratory virus that could be airborne, so be on guard, particularly in crowded indoor settings. People who are especially vulnerable to severe disease should try to avoid these settings. If they need to go into, say, a crowded train station, they should consider wearing a well-fitting N95 or equivalent mask. Those people visiting vulnerable individuals may wish to avoid higher-risk settings in the days before the visit to reduce the chance of spreading not only Covid-19 but also other respiratory illnesses. The top numbered articles will be viewable to readers when programmed onto a page. Make sure you have 30 or more cards added to the container for the machine learning (ML) feature to work. Your queued up articles, seen in the violet section, will use ML to surface up relevant content to the reader based on their individual interests and preferences. The top numbered articles will be viewable to readers when programmed onto a page. Make sure you have 30 or more cards added to the container for the machine learning (ML) feature to work. Your queued up articles, seen in the violet section, will use ML to surface up relevant content to the reader based on their individual interests and preferences. 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