



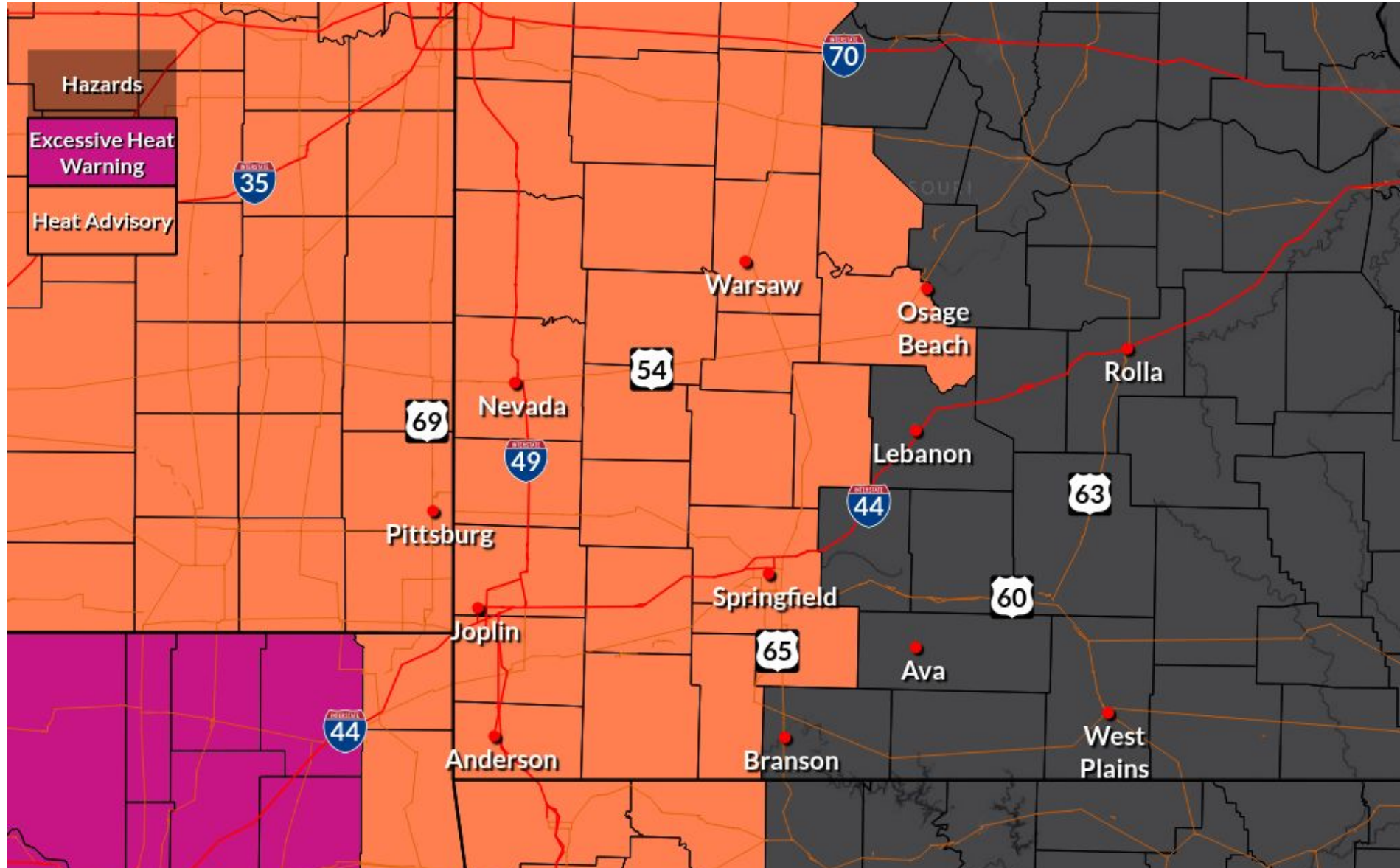
Heat and Storms This Week

July 2, 2024
3:14 AM

Excessive Heat Expected Early Week | Severe Storms Possible Mid-Week

Key Messages

- A Heat Advisory is in effect from 11 AM until 8 PM Tuesday. Heat index values will range between 100 -110.
- Isolated to scattered strong to severe thunderstorms Wednesday into Thursday. There is a Marginal (1 of 5) Risk Wednesday and a Slight (2 of 5) Risk Thursday.



Heat Advisory: 11 AM to 8 PM Tuesday

Next Scheduled Briefing

- By 6 PM Tuesday Evening



Understanding Heat Index

July 2, 2024
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Heat Index		
Classification	Heat Index (°F)	Effect on the Body
Caution	80 to 89	Fatigue possible with prolonged exposure and/or physical activity.
Extreme Caution	90 to 102	Heat stroke, heat cramps or heat exhaustion possible with prolonged exposure and/or physical activity.
Danger	103 to 124	Heat cramps or heat exhaustion likely, and heat stroke possible with prolonged exposure and/or physical activity.
Extreme Danger	125 or higher	Heatstroke highly likely with continued exposure.

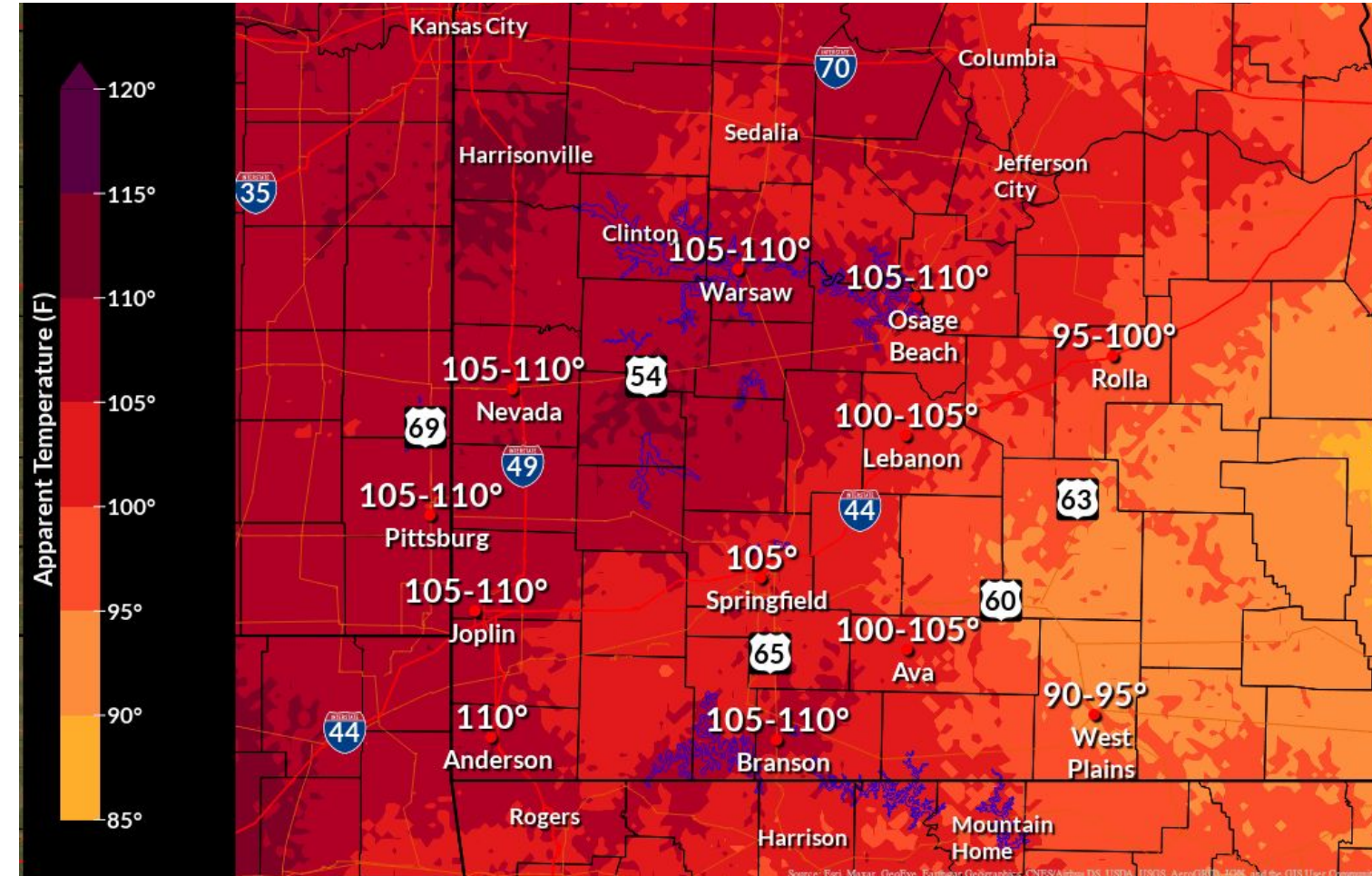
Heat Index is the most commonly used and understood heat tool by the general public. The higher the values the hotter it's going to feel and the higher the threat for heat related illnesses. It's calculated from the temperature and relative humidity. Heat Index assumes you are in the shade. The Heat Index or the "Apparent Temperature" is an accurate measure of how hot it really feels when the Relative Humidity (RH) is added to the actual air temperature.



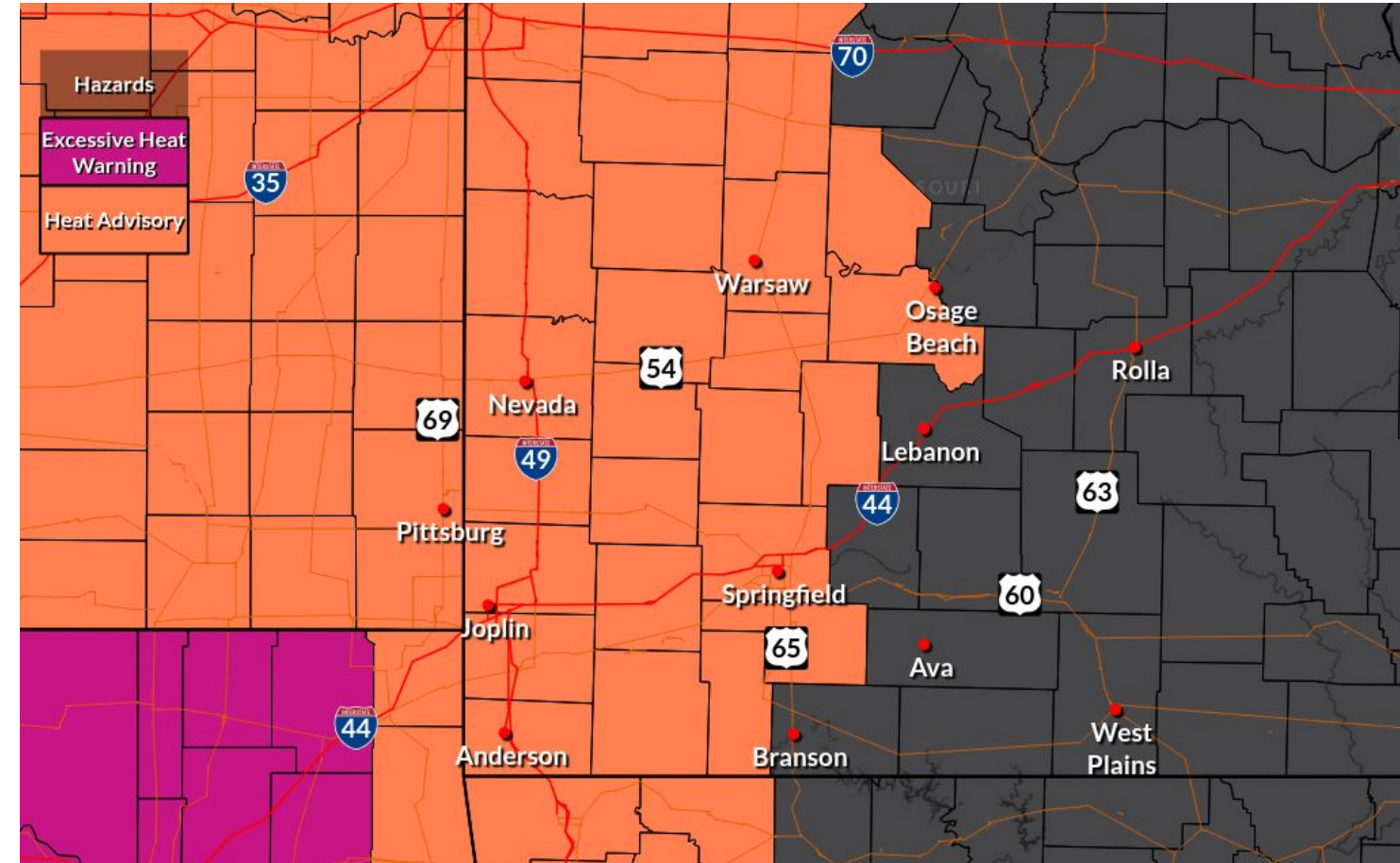


Heat Index Today

July 2, 2024
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Heat Index Today

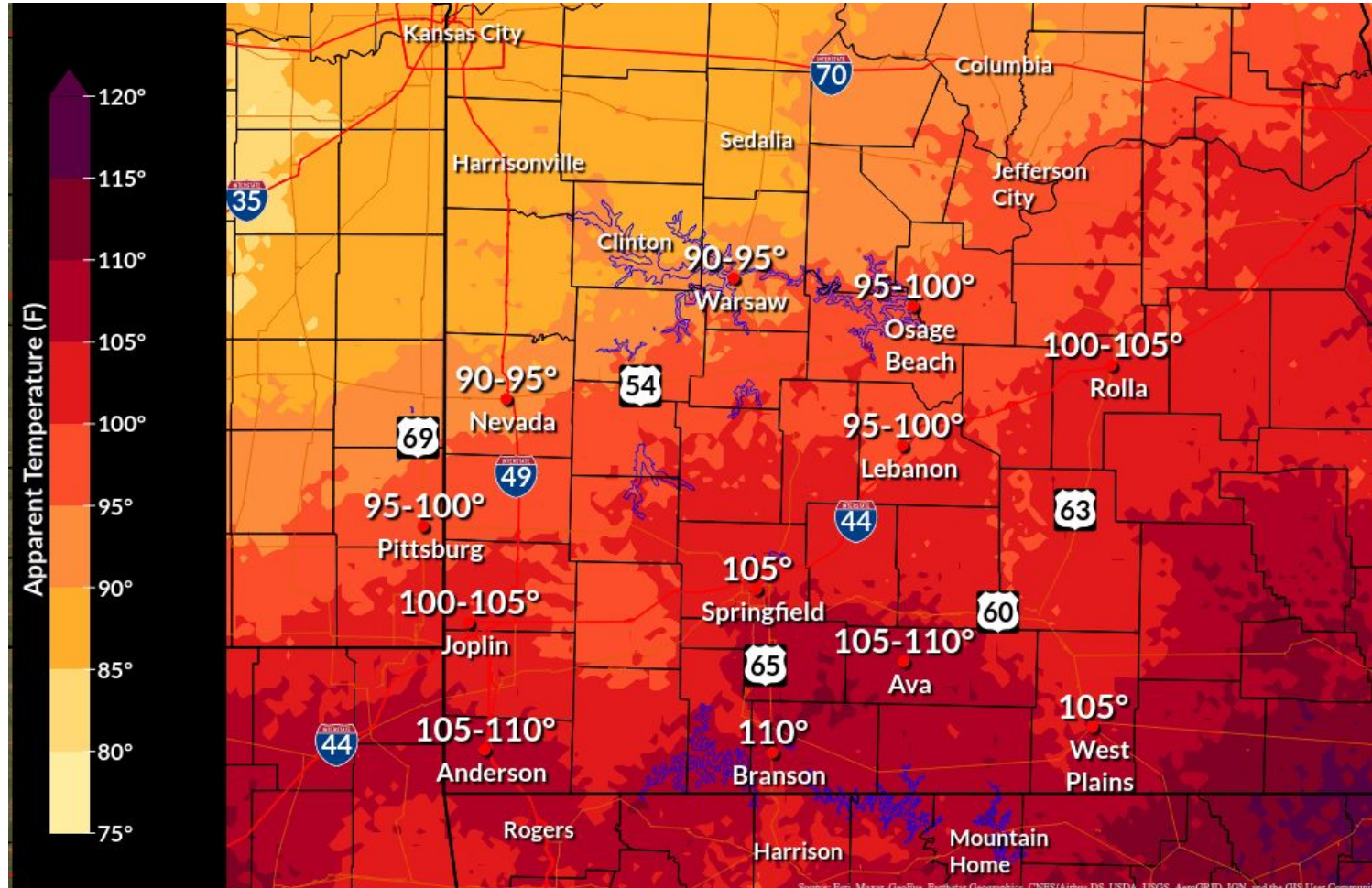


Heat Advisory in Effect from 11 AM until 8 PM

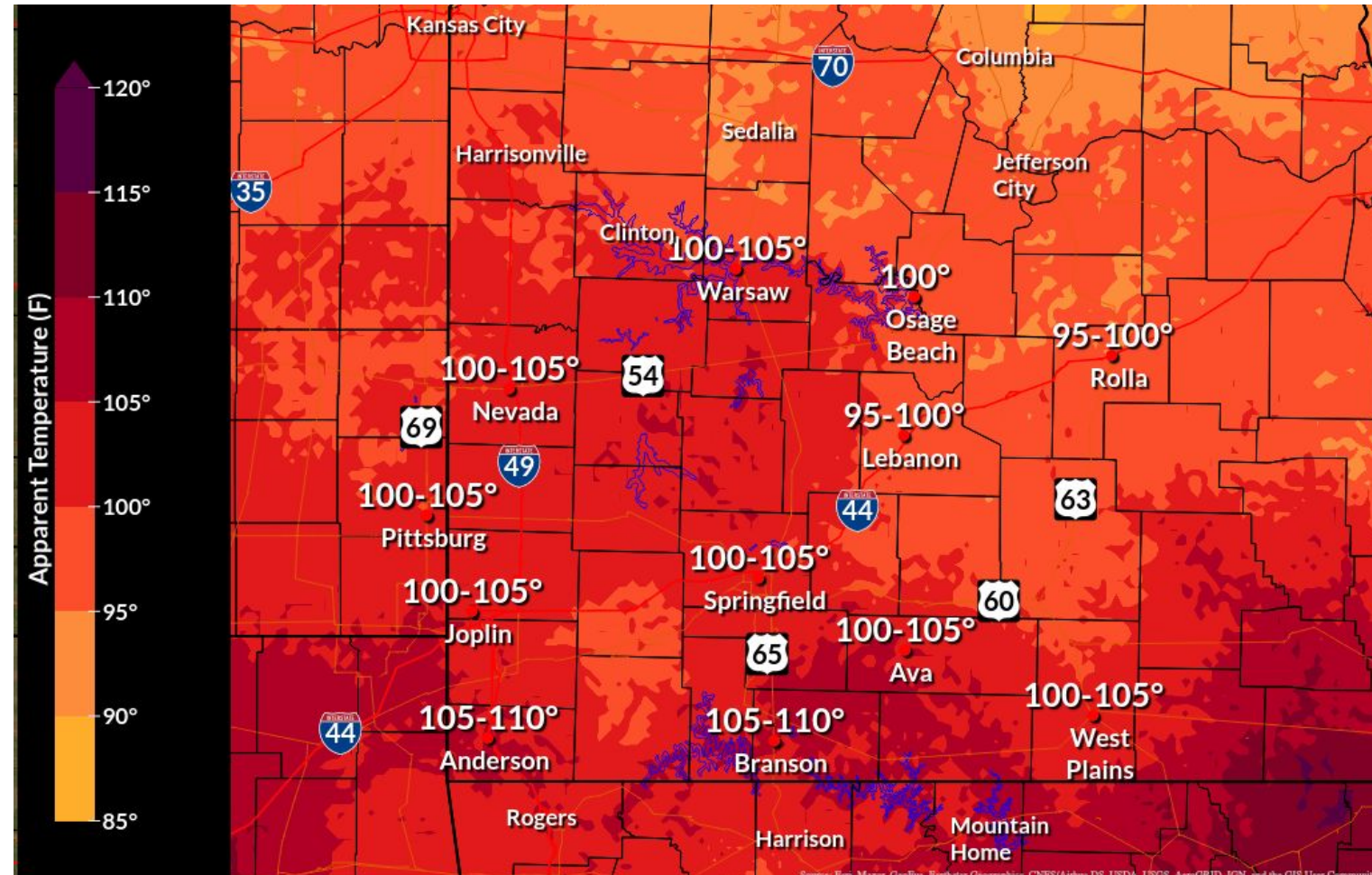


Heat Index Wednesday and Thursday

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Heat Index Wednesday



Heat Index Thursday



Understanding Wet Bulb Globe Temperatures

July 2, 2024
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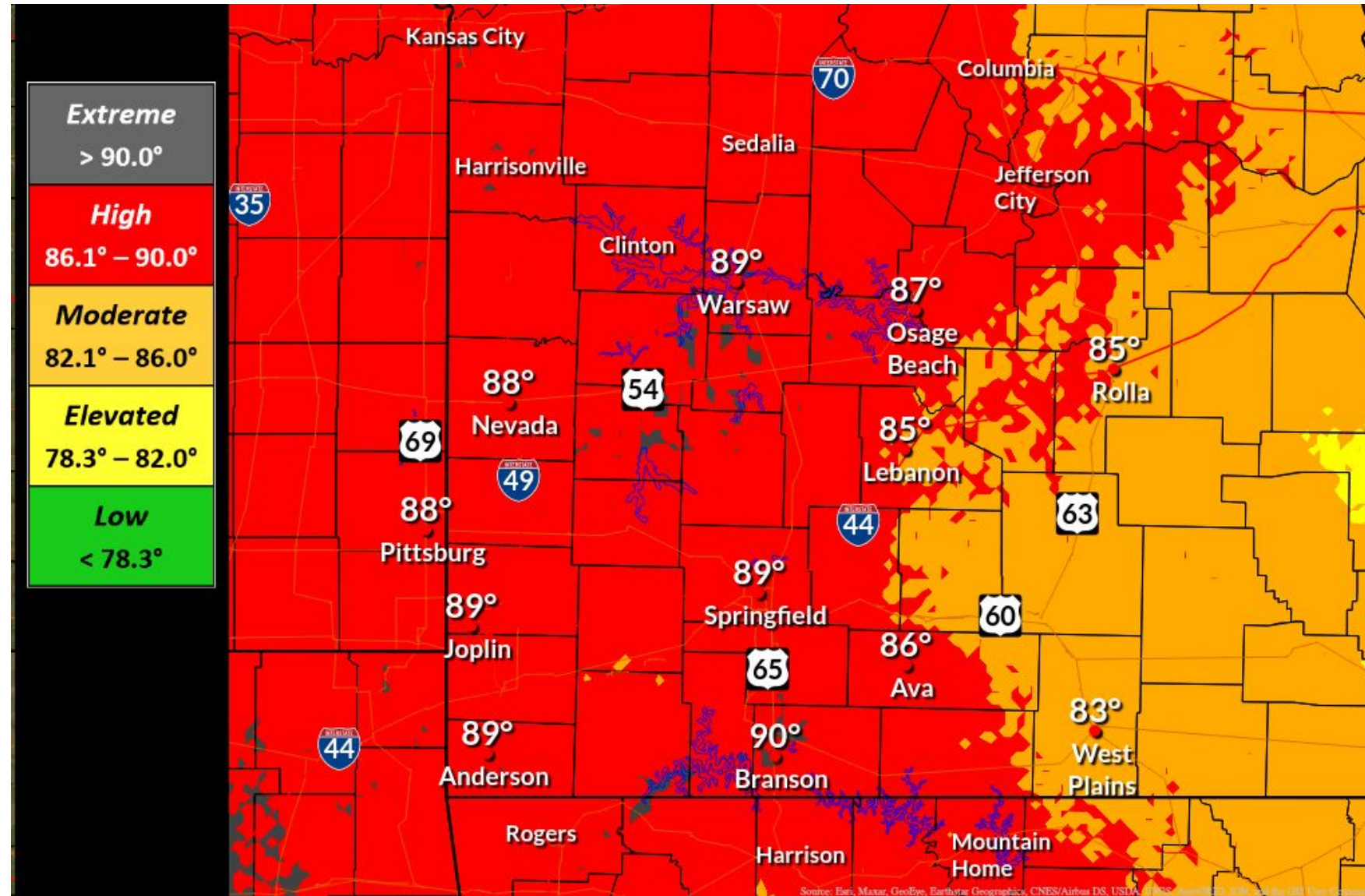
Wet Bulb Globe Temperature (WBGT)			
Threat Level	WBGT (°F)	Effects	Call to Actions
Low	< 78.3	Normal activities.	Take at least 3-5 minutes of breaks each hour if working or exercising in direct sunlight.
Elevated	78.3 – 82.0	Working or exercising in direct sunlight will stress your body after 45 minutes.	Take at least 15 minutes of breaks each hour if working or exercising in direct sunlight.
Moderate	82.1 – 86.0	Working or exercising in direct sunlight will stress your body after 30 minutes.	Take at least 30 minutes of breaks each hour if working or exercising in direct sunlight.
High	86.1 – 90.0	Working or exercising in direct sunlight will stress your body after 20 minutes.	Take at least 40 minutes of breaks each hour if working or exercising in direct sunlight.
Extreme	> 90.0	Working or exercising in direct sunlight will stress your body after 15 minutes.	Take at least 45 minutes of breaks each hour if working or exercising in direct sunlight.
<p><i>Wet Bulb Globe Temperature (WBGT) is a measure of the heat stress in direct sunlight, which takes into account: temperature, humidity, wind speed, sun angle and cloud cover (solar radiation). This differs from the heat index, which takes into consideration temperature and humidity and is calculated for shady areas. a particularly effective indicator of heat stress for active populations such as outdoor workers and athletes. Always check with local officials for appropriate actions and activity levels. Experienced heat stress will depend upon duration and intensity of activity and personal health and vulnerability.</i></p>			



Wet Bulb Globe Temperature Forecast

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Today



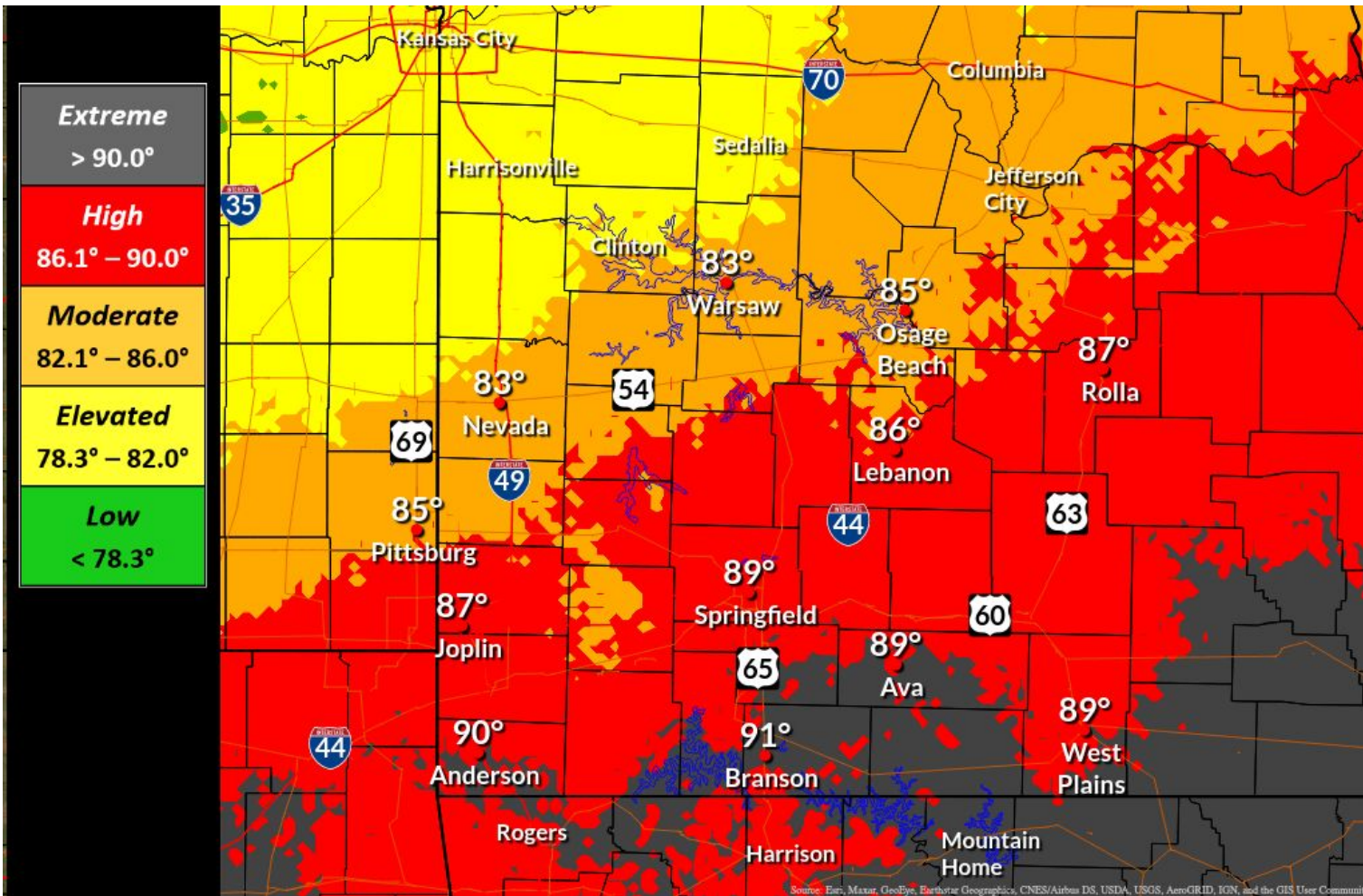
Maximum WBGT Today



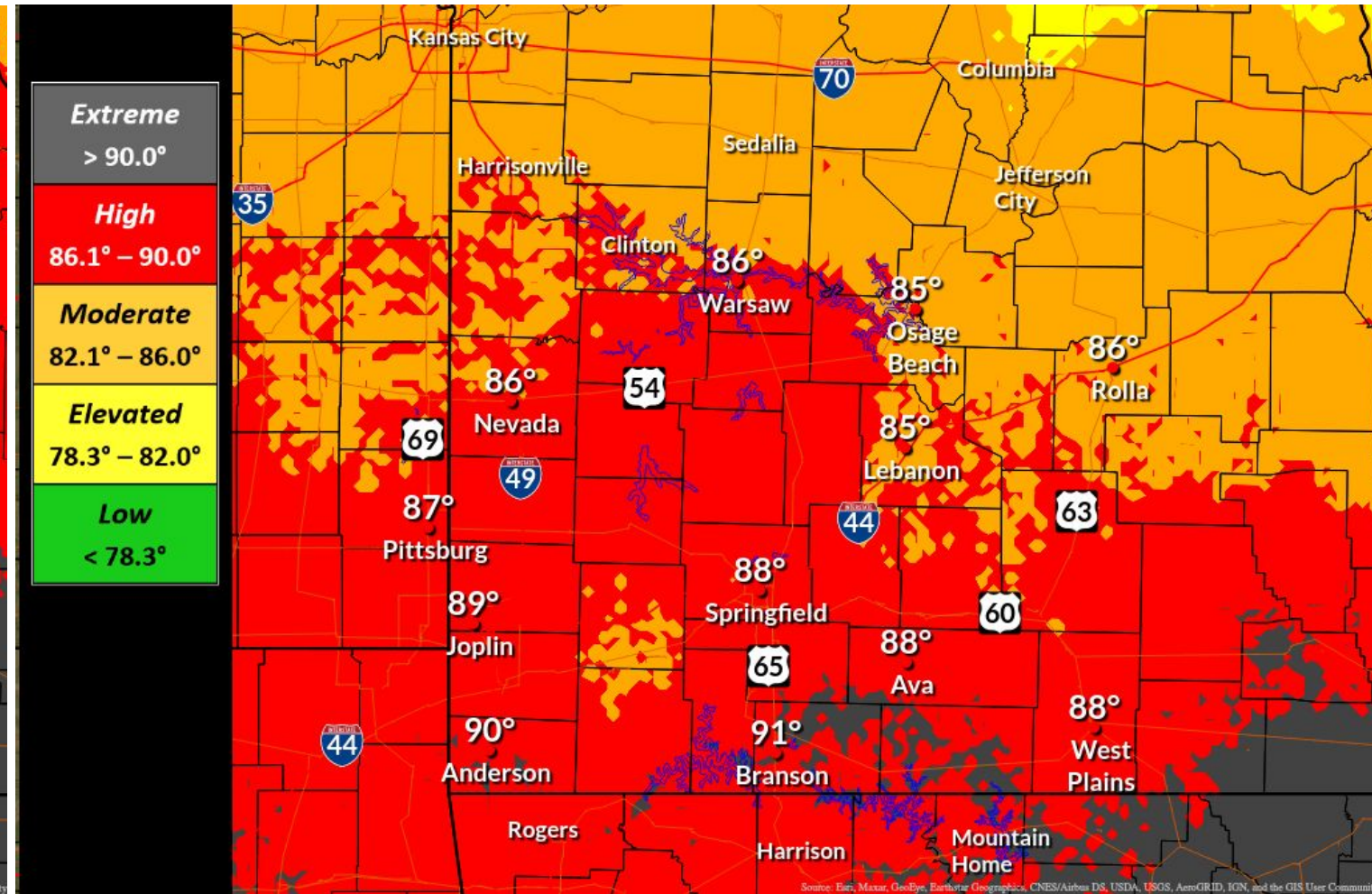
Wet Bulb Globe Temperature Forecast

July 2, 2024
3:14 AM

Wednesday and Thursday



Maximum WBGT Wednesday



Maximum WBGT Thursday



Understanding NWS HeatRisk

July 2, 2024
3:14 AM

NWS HeatRisk		
Category		Risk of Heat-Related Impacts
0	Low/None	Little to no risk from expected heat.
1	Minor	Primarily affects individuals extremely sensitive to heat, especially when outdoors without effective cooling and/or adequate hydration.
2	Moderate	Affects most individuals sensitive to heat, especially when outdoors without effective cooling and/or adequate hydration. Impacts possible in some health systems and in heat-sensitive industries.
3	Major	Affects anyone without effective cooling and/or adequate hydration. Impacts likely in some health systems, heat-sensitive industries, and infrastructure.
4	Extreme	Rare and/or long duration extreme heat with little to no overnight relief. Affects anyone without effective cooling and/or adequate hydration. Impacts likely in most health systems, heat-sensitive industries, and infrastructure.

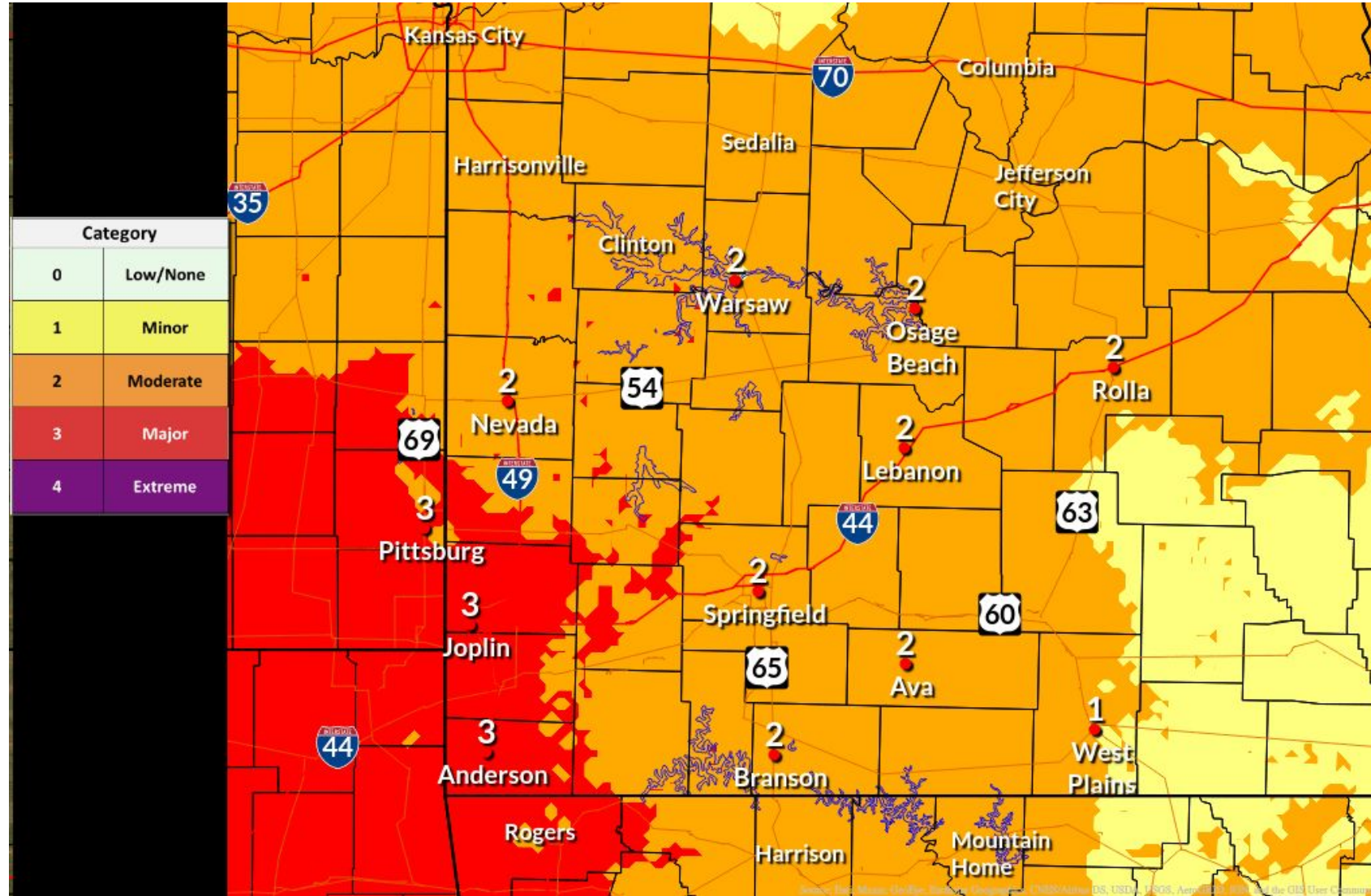
The NWS HeatRisk is an experimental color-numeric-based index that provides a forecast risk of heat-related impacts to occur over a 24-hour period. HeatRisk takes into consideration: How unusual the heat is for the time of the year. The duration of the heat including both daytime and nighttime temperatures. If those temperatures pose an elevated risk of heat-related impacts based on data from the CDC.



NWS HeatRisk Forecast

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Today



HeatRisk Today

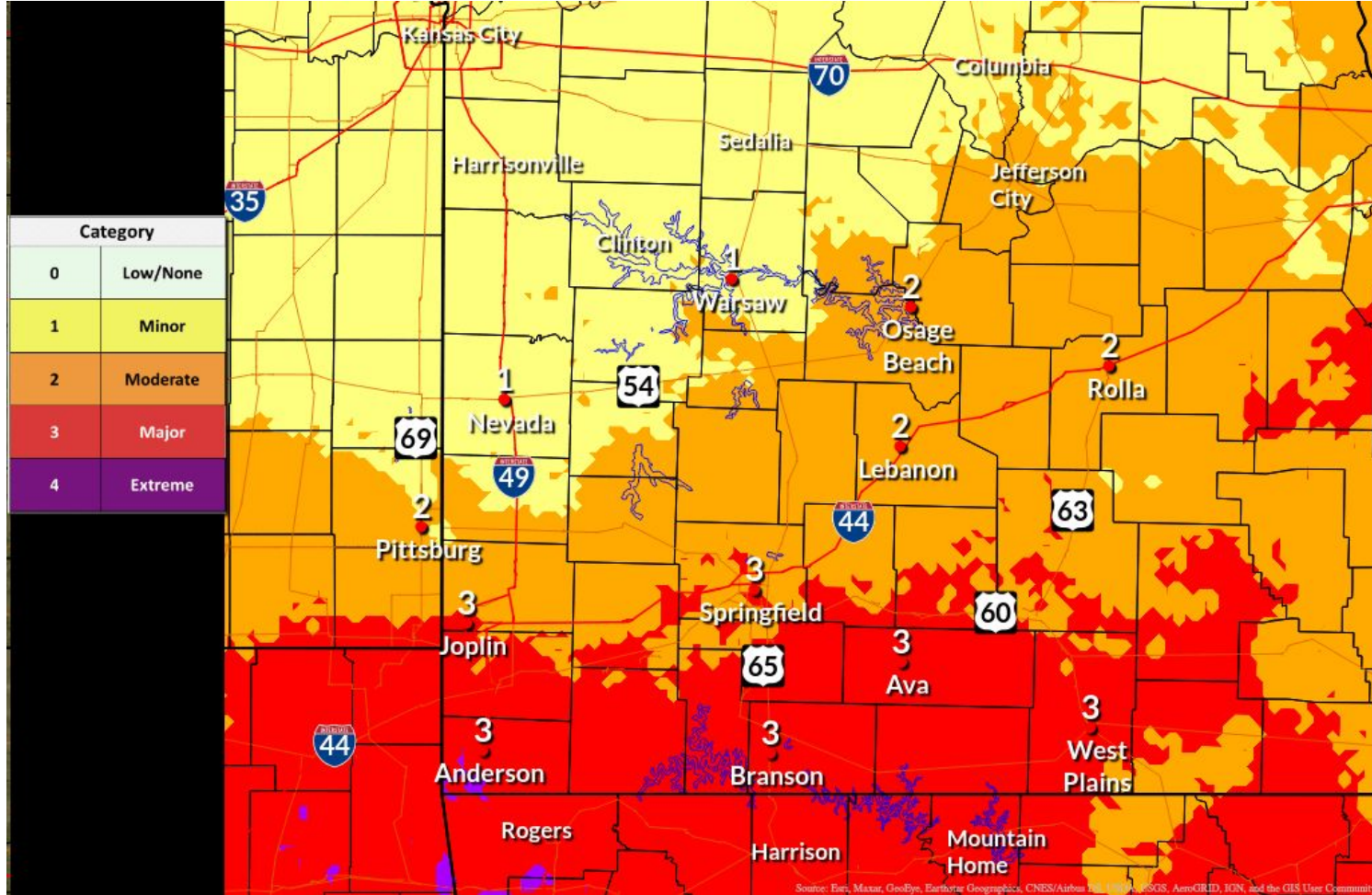




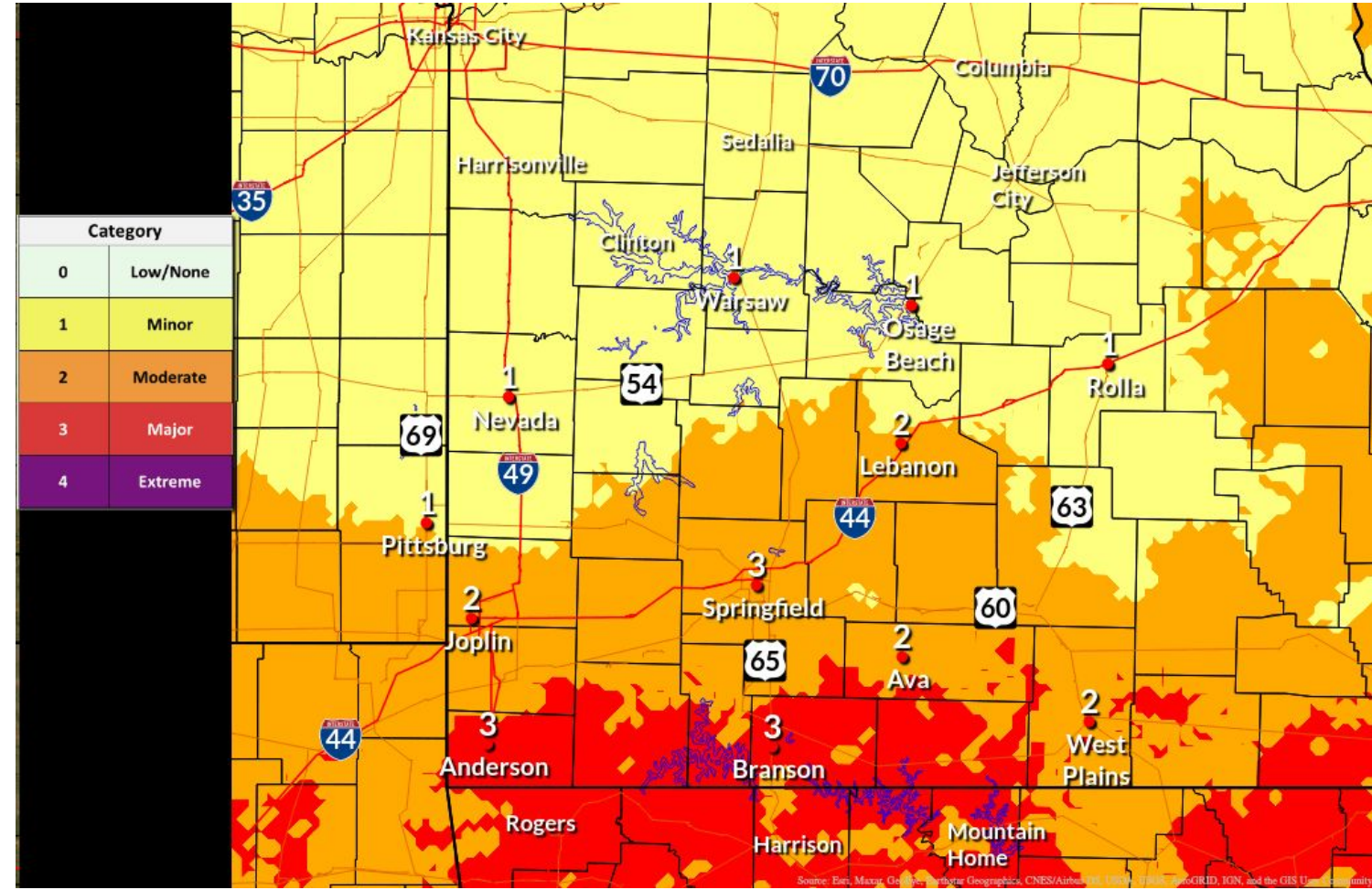
NWS HeatRisk Forecast

July 2, 2024
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Wednesday and Thursday



HeatRisk Wednesday



HeatRisk Thursday



Scattered Thunderstorms Wednesday

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Morning round of storms, then an afternoon/evening round of storms



Key Message

Scattered thunderstorms will be possible Wednesday with a chance that some of these storms will become severe with damaging wind gusts as the main severe weather risk. The severe risk level is 2 out of 5.



Hazards

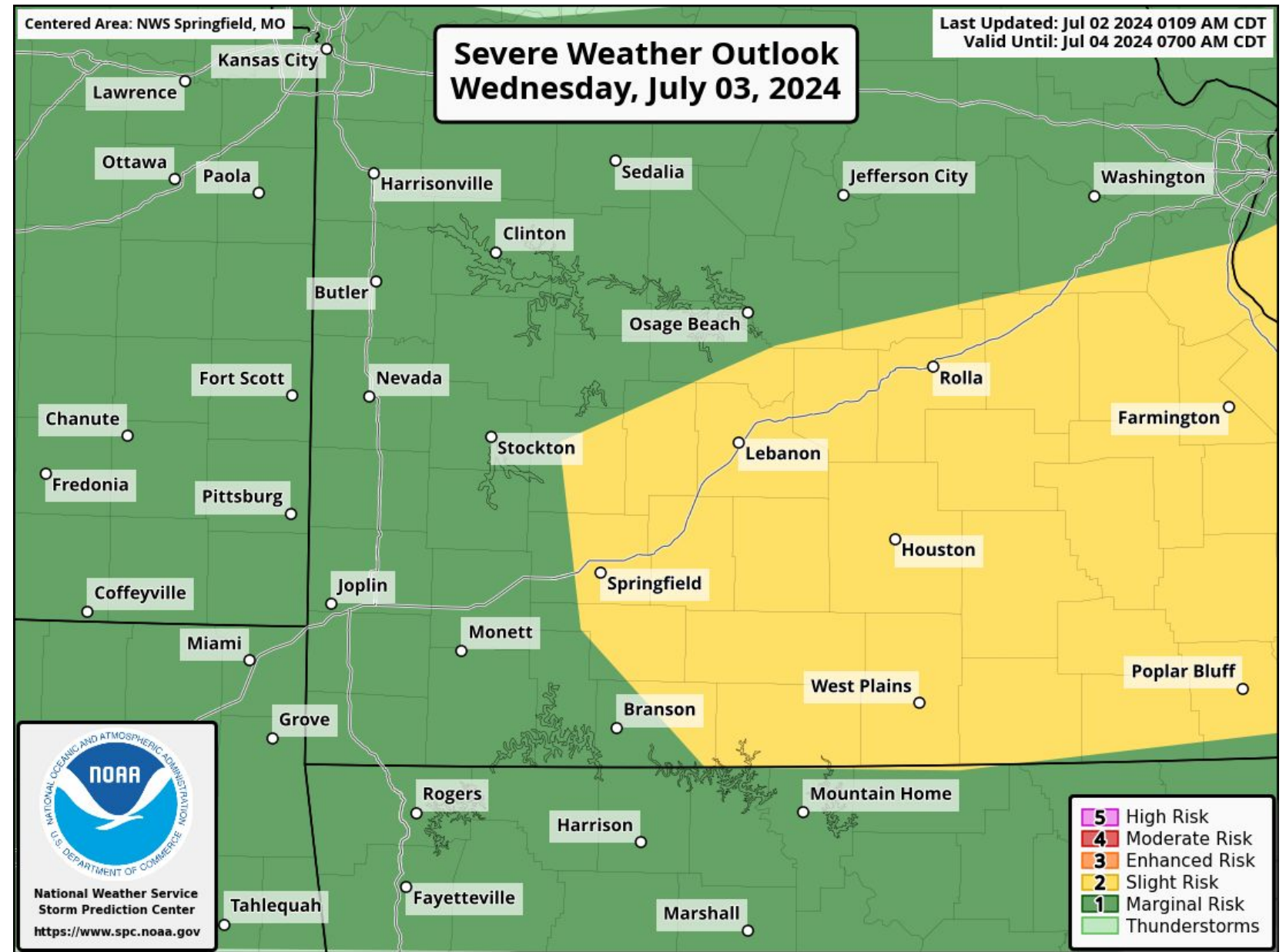


Damaging wind gusts



Actions

Remain weather aware and have multiple ways to receive weather information and warnings! Check the forecast for updates before going to bed, and keep your phone on overnight.





Scattered Thunderstorms Thursday

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Morning round of storms, then an afternoon/evening round of storms



Key Message

Remnant scattered thunderstorms will move in to the area early Thursday morning with redevelopment Thursday afternoon/evening (40 – 70% chance). There is a Slight (2 of 5) risk that some of these thunderstorms may be severe, with damaging winds as the primary hazard. Confidence in exact timing is low.



Hazards



Quarter sized hail

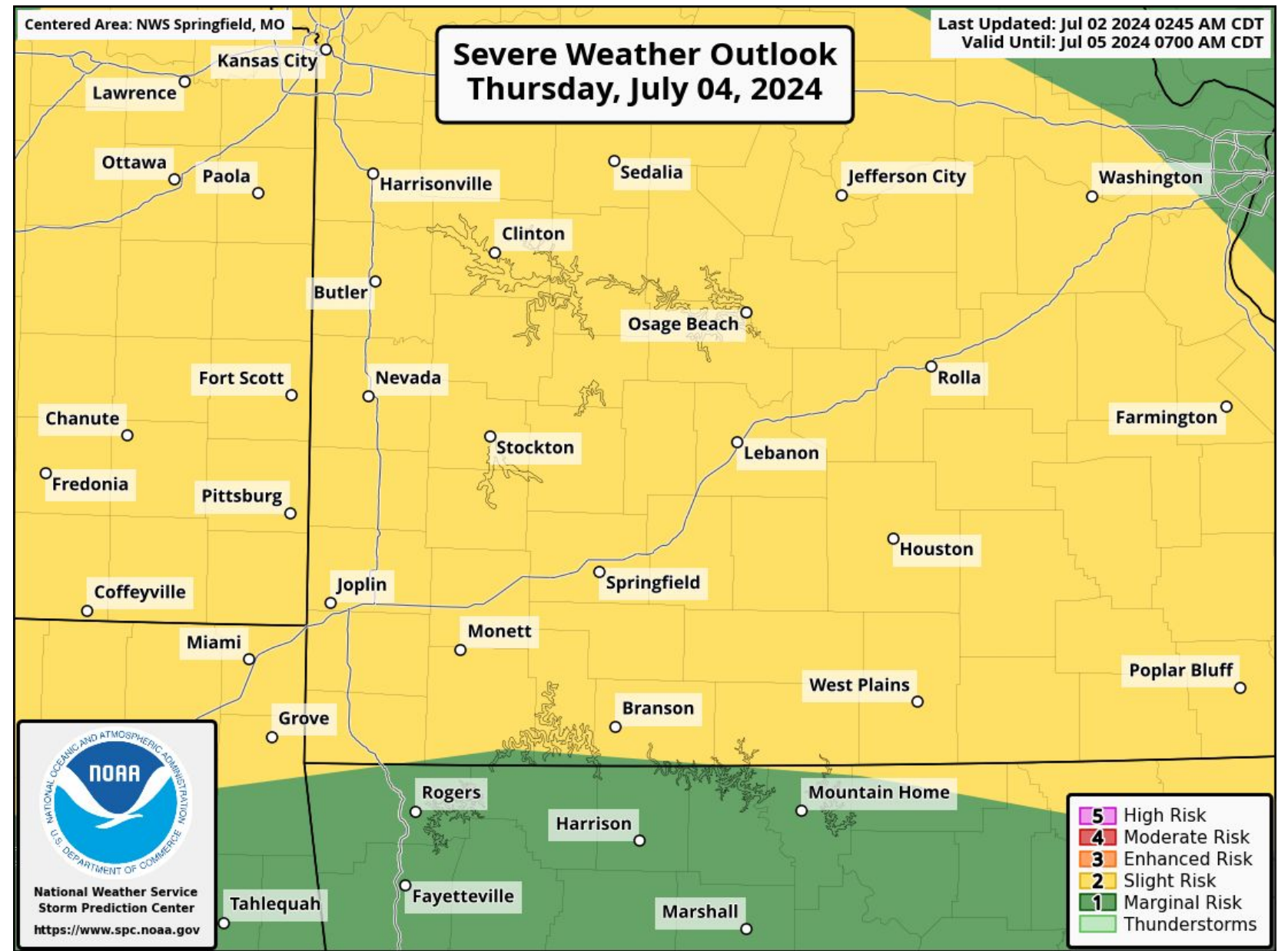


Damaging wind gusts



Actions

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Additional Resources

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For Additional Information

- [NWS Springfield Webpage](#)
- [IDSS Point Forecasts](#)
- [Graphical Hazardous Weather Outlook](#)
- [CPC Day 8 to 14 Risk of Hazardous Temperatures](#)
- [Week 2 Global Probabilistic Extreme Forecast Tool](#)
- [Wet Bulb Globe and Heat Index Forecasts](#)
- [Experimental HeatRisk Forecast](#)
- [Wet Bulb Globe Temperature and Heat Index Information](#)
- [Missouri Cooling Centers Map](#)
- [NWS Heat Safety](#)
- [NWS Heat Tools Reference Sheet](#)

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Heat Exhaustion	Heat Stroke
<p>ACT FAST</p> <ul style="list-style-type: none"> • Move to a cooler area • Loosen clothing • Sip cool water • Seek medical help if symptoms don't improve 	<p>ACT FAST</p> <p>CALL 911</p> <ul style="list-style-type: none"> • Move person to a cooler area • Loosen clothing and remove extra layers • Cool with water or ice
<p>Dizziness</p> <p>Thirst</p> <p>Heavy Sweating</p> <p>Nausea</p> <p>Weakness</p>	<p>Confusion</p> <p>Dizziness</p> <p>Becomes Unconscious</p>
<p><i>Heat exhaustion can lead to heat stroke.</i></p> <p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>	
<p>Stay Cool, Stay Hydrated, Stay Informed!</p>	

Heat Impacts: Vulnerable Populations

PREGNANT

NEWBORNS

CHILDREN

ELDERLY

CHRONIC ILLNESS

Everyone is at risk from the dangers of extreme heat, but these groups are more vulnerable than most. Age and certain conditions make the body less able to regulate temperature.

NEVER leave anyone alone in a closed car

Use air conditioners and stay in the shade

Drink plenty of water, even if not thirsty

Wear loose-fitting, light-colored clothing

weather.gov