



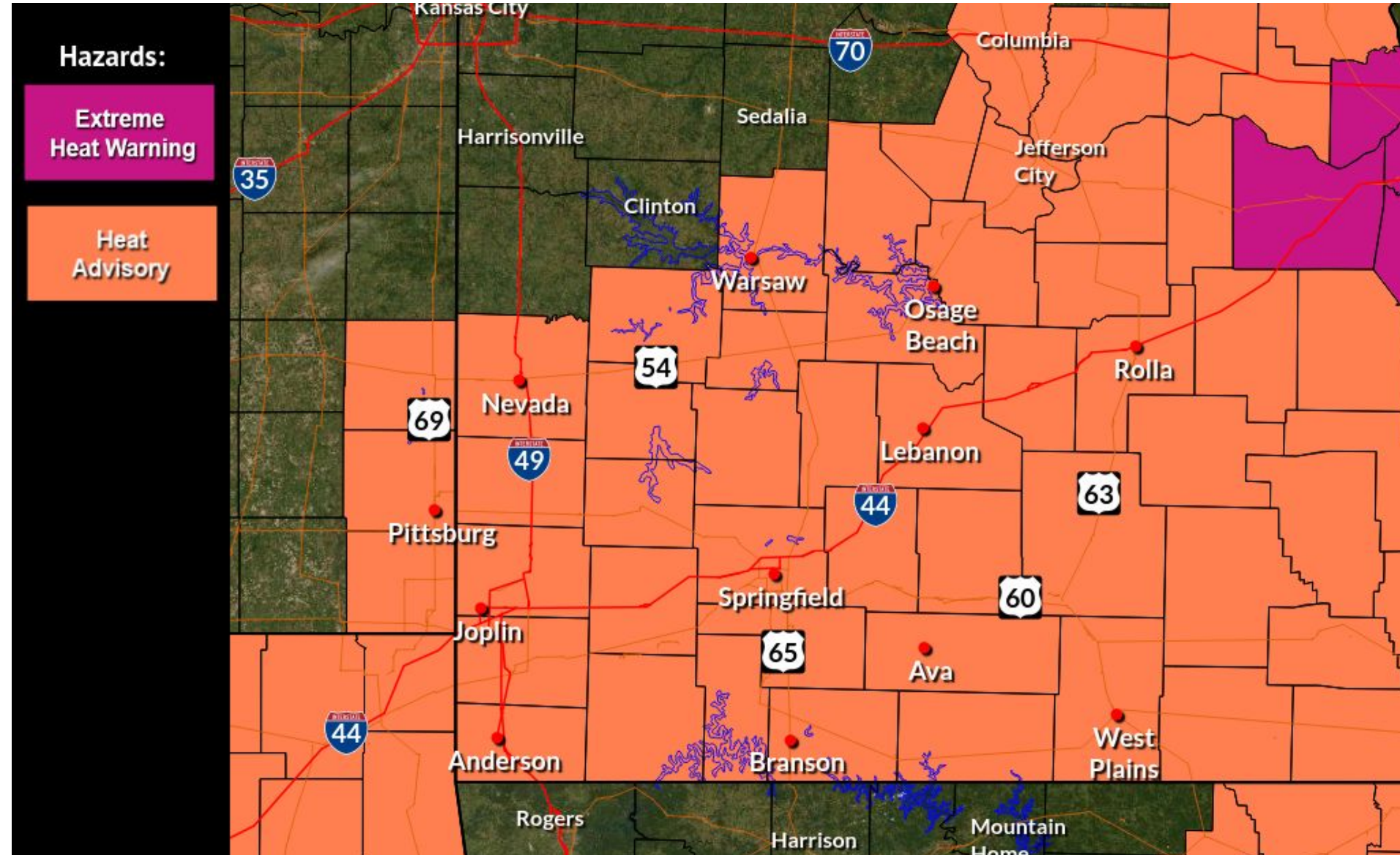
# Heat Advisory

July 25, 2025  
2:56 AM

In effect through 7 PM Tuesday

## Key Messages

- Persistently hot and humid conditions will continue through 7 PM Tuesday.
- Daily afternoon highs in the mid to upper 90s will lead to heat index values generally between 100 to 105 degrees through at least Thursday. Some locations off the Ozark Plateau may see heat index values above 105 at times.
- Warm overnight temperatures in the 70s each night to provide little relief from the heat.
- Low chance (10-30%) for isolated afternoon/early evening storms today through the weekend. Most locations should remain dry.



## Heat Headlines

## Next Scheduled Briefing

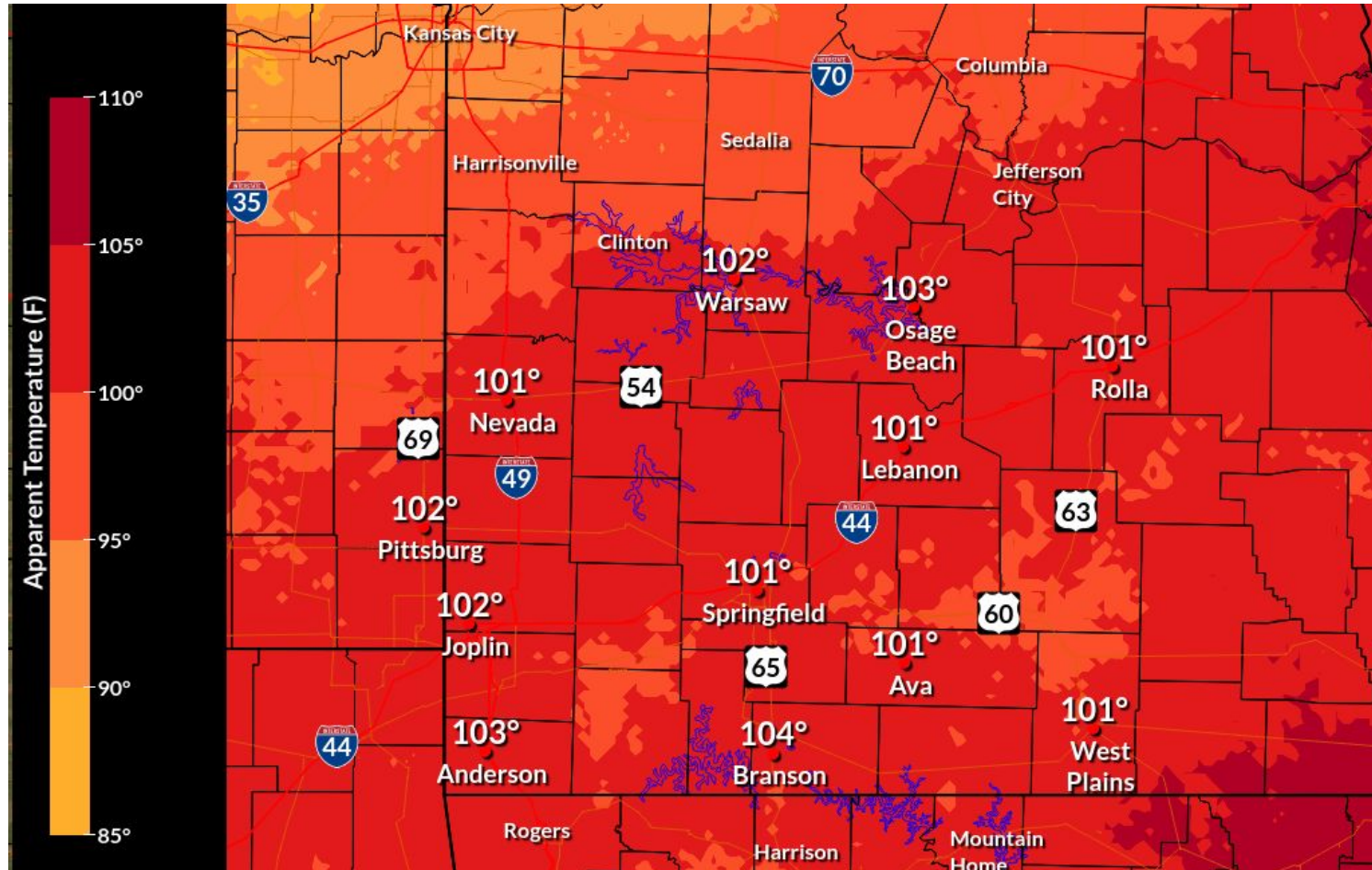
- Friday afternoon by 6 PM



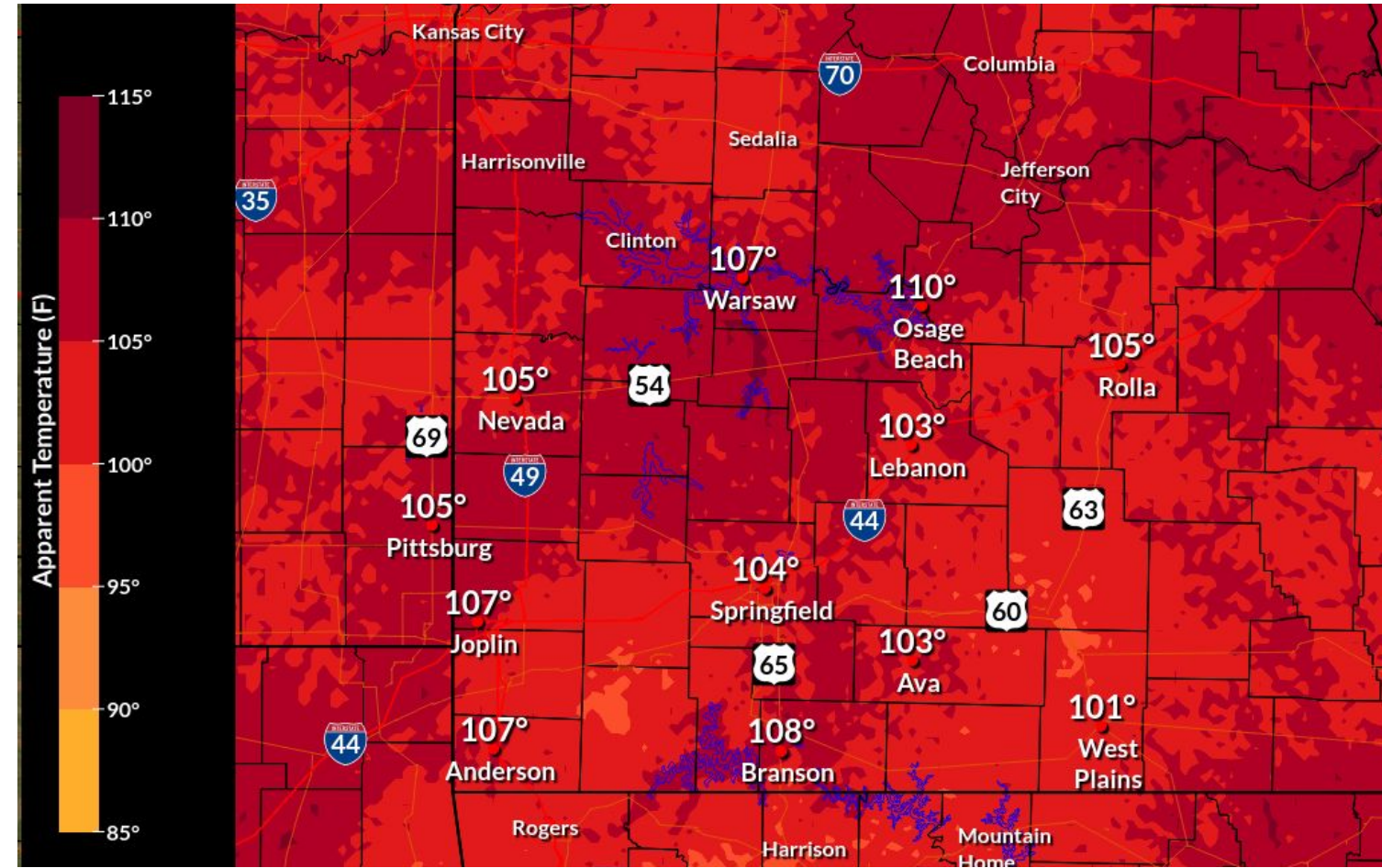
# Maximum Heat Index

July 25, 2025  
2:56 AM

Friday and Saturday



## Maximum Heat Index Friday



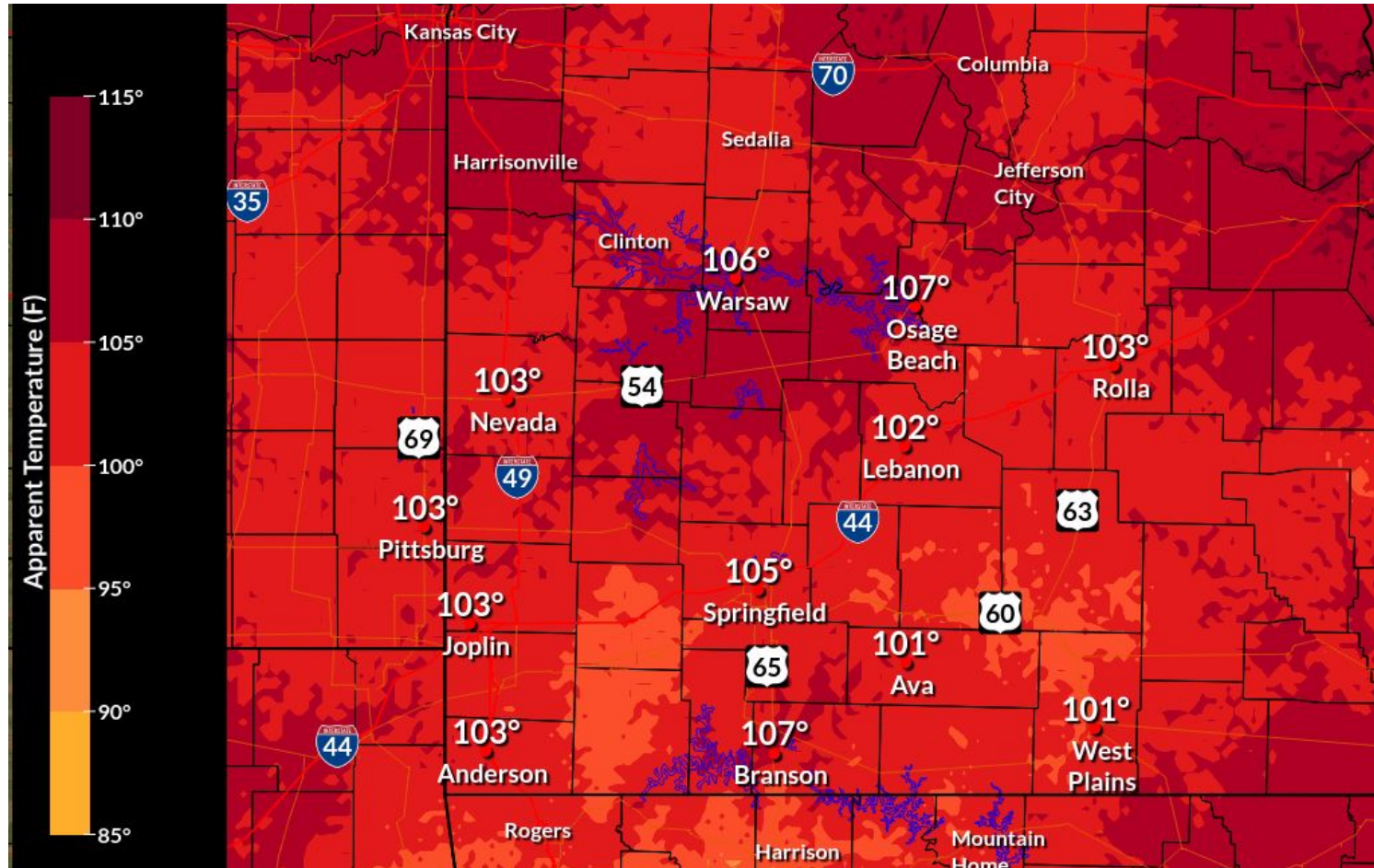
## Maximum Heat Index Saturday



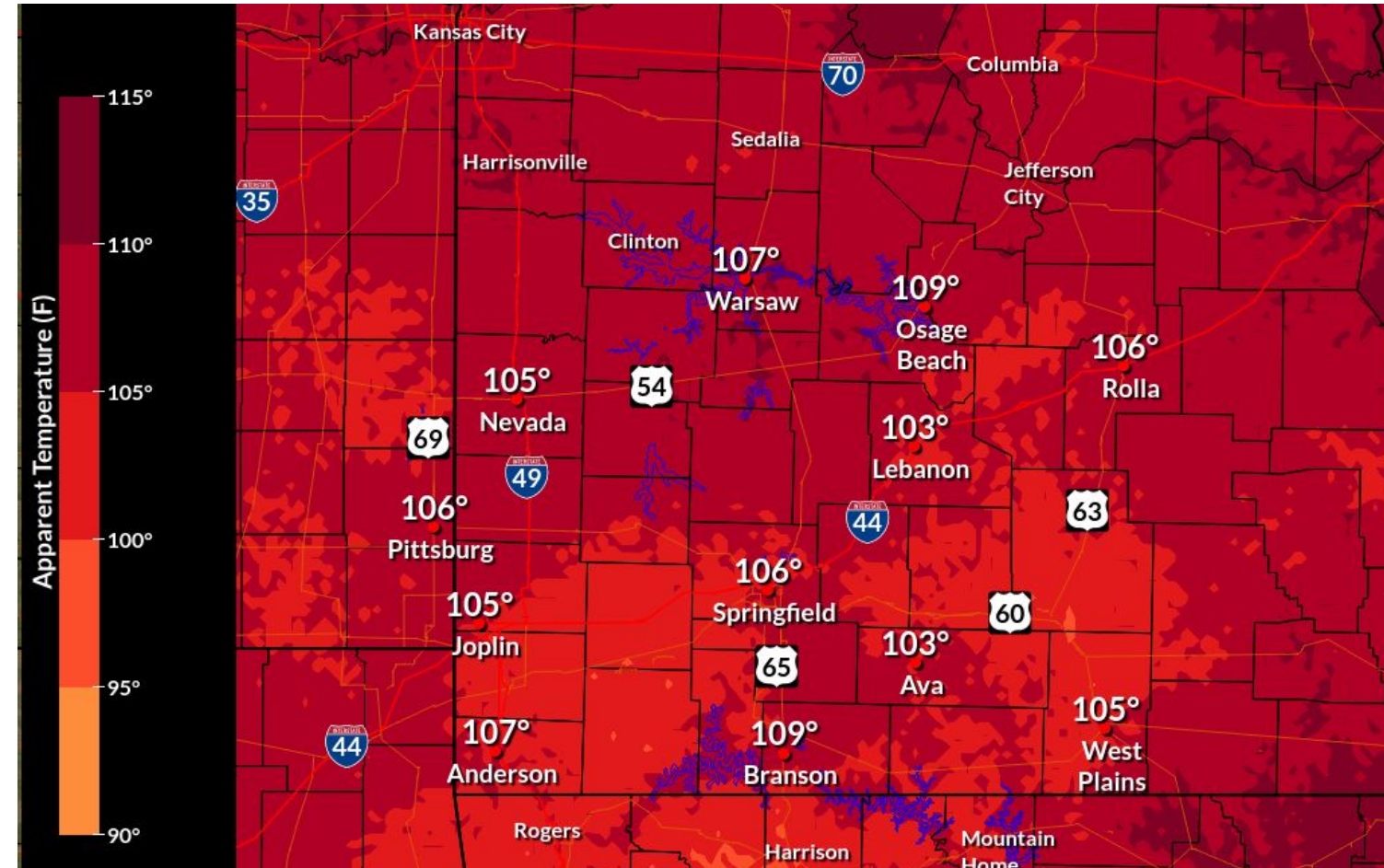
# Maximum Heat Index

July 25, 2025  
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Sunday and Monday



## Maximum Heat Index Sunday



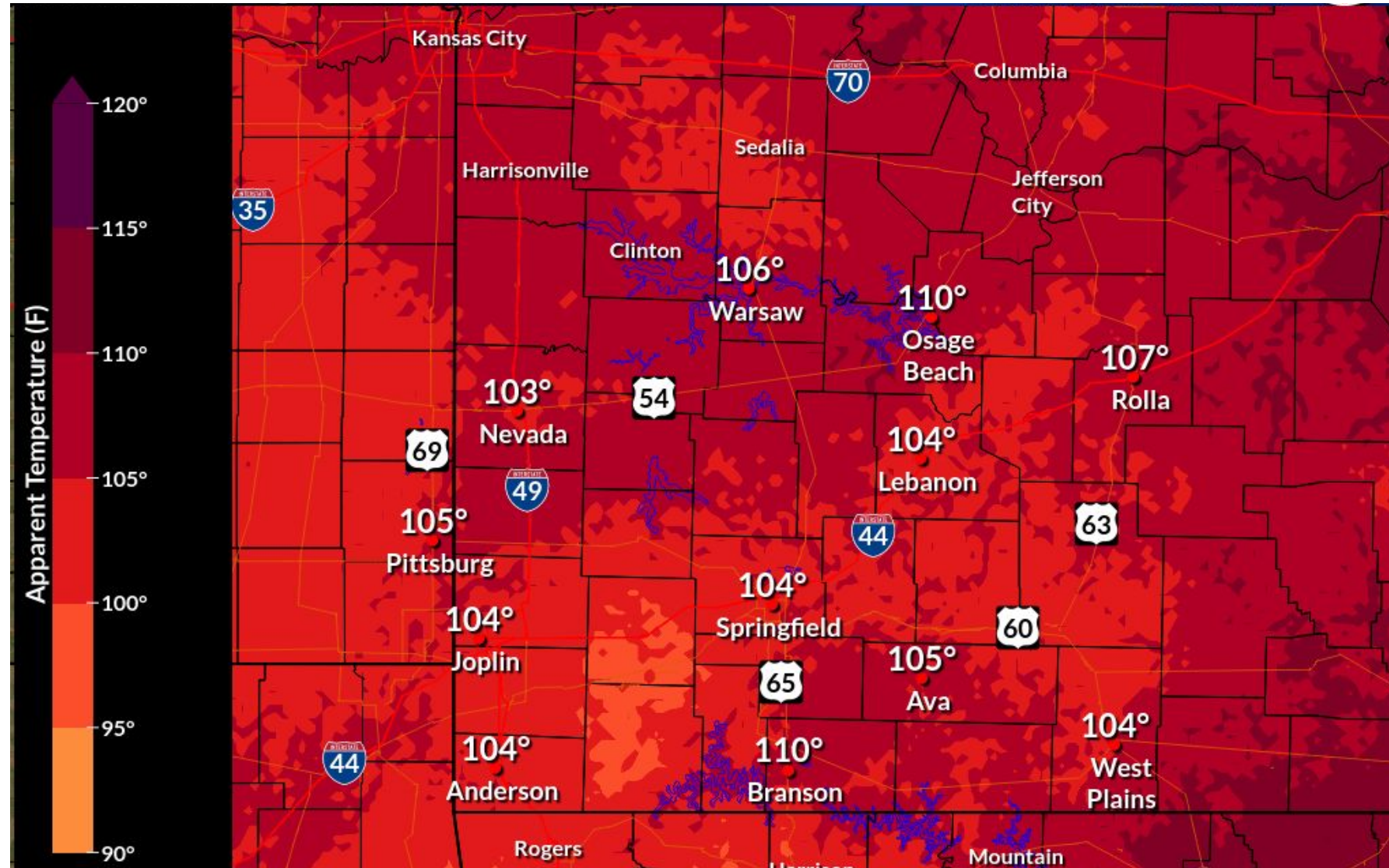
## Maximum Heat Index Monday



# Maximum Heat Index

July 25, 2025  
2:56 AM

Tuesday



Maximum Heat Index Tuesday



# Understanding Heat Index

July 25, 2025  
2:56 AM

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

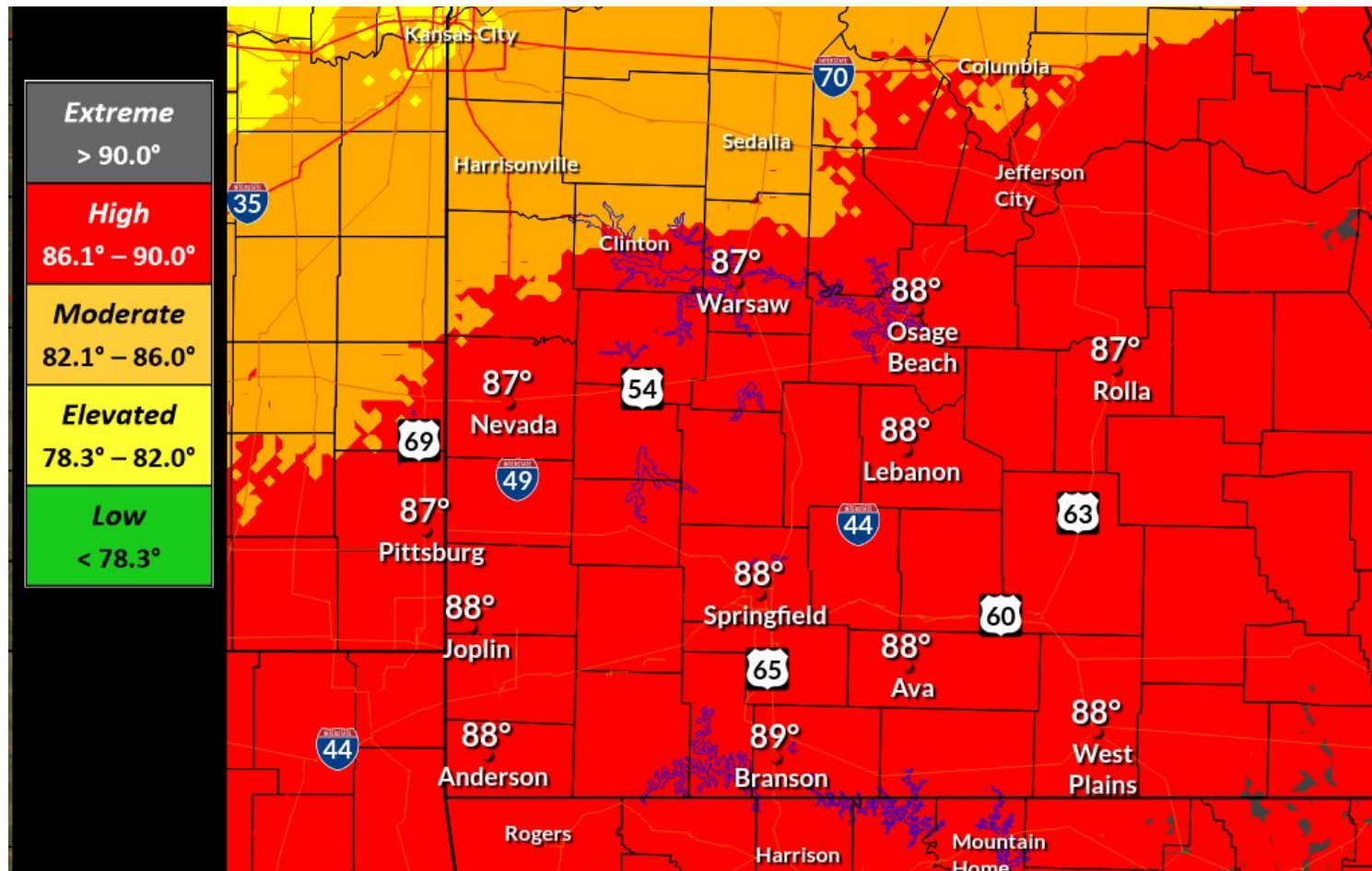
*Heat Index is the most commonly used and understood heat tool by the general public. The higher the values the hotter it's going to feel and the higher the threat for heat related illnesses. It's calculated from the temperature and relative humidity. Heat Index assumes you are in the shade. The Heat 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.*



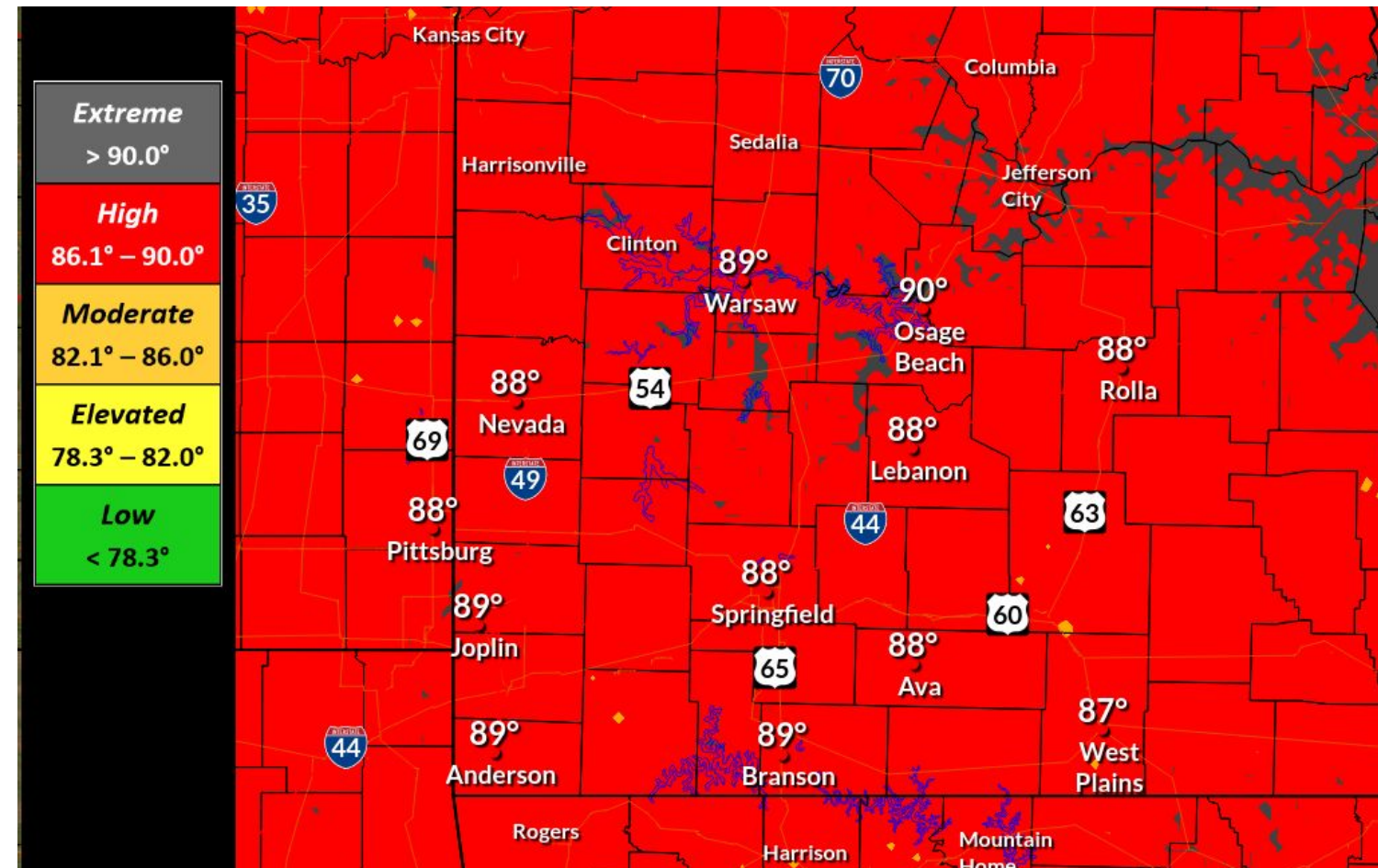
# Wet Bulb Globe Temp Forecast

July 25, 2025  
2:56 AM

Friday and Saturday



## Wet Bulb Globe Temp Friday



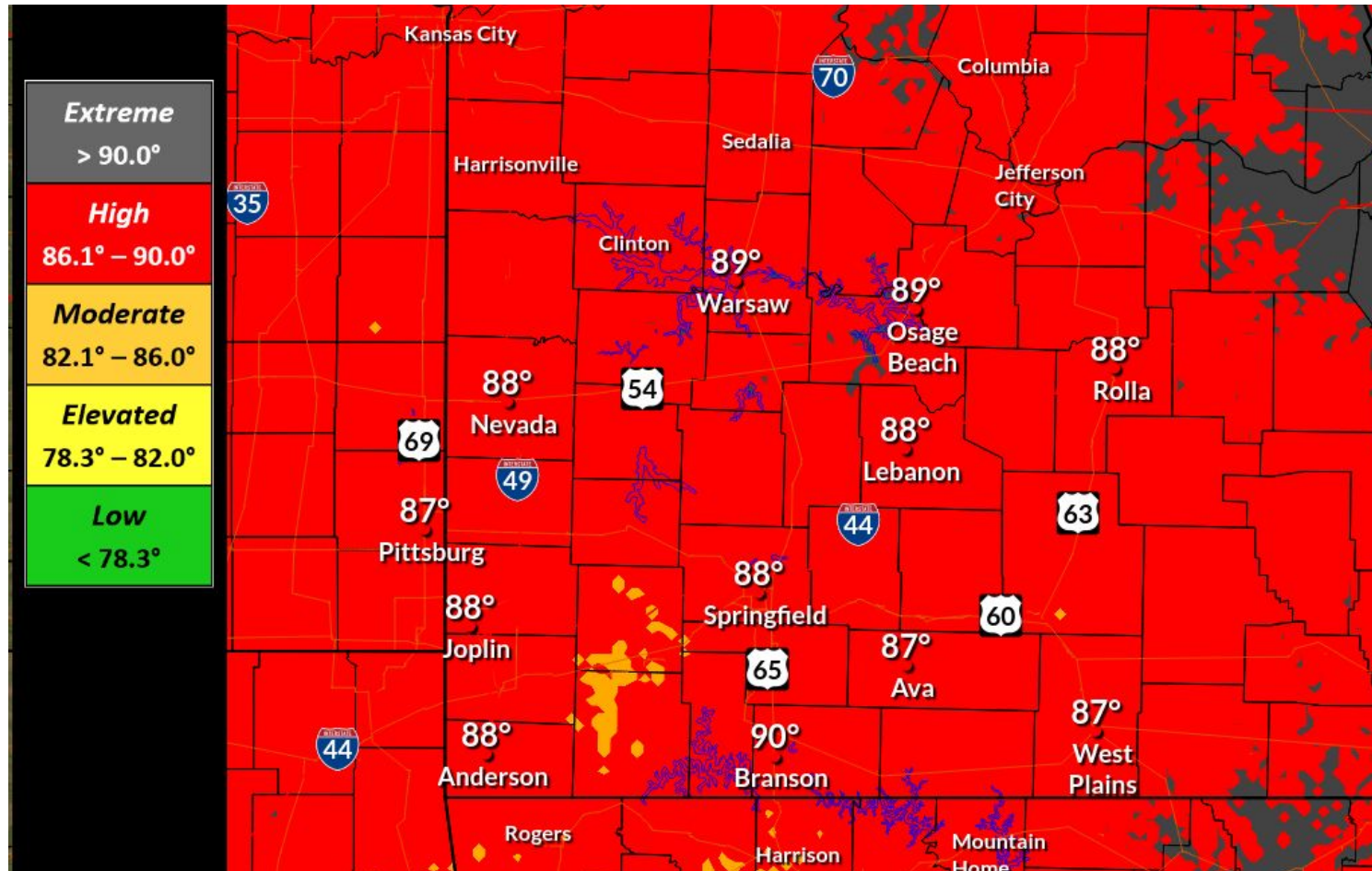
## Wet Bulb Globe Temp Saturday



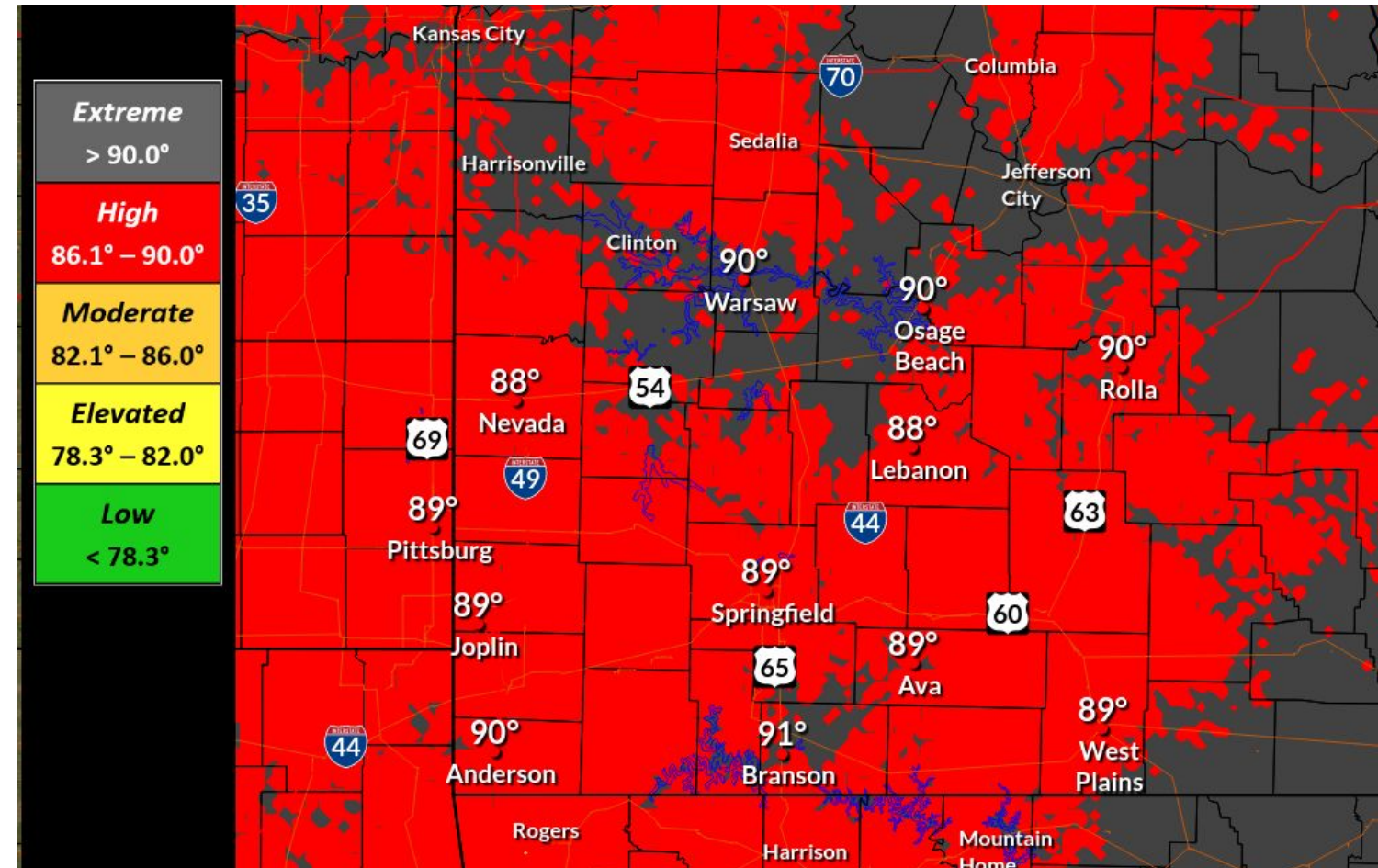
# Wet Bulb Globe Temp Forecast

July 25, 2025  
2:56 AM

Sunday and Monday



Wet Bulb Globe Temp Sunday



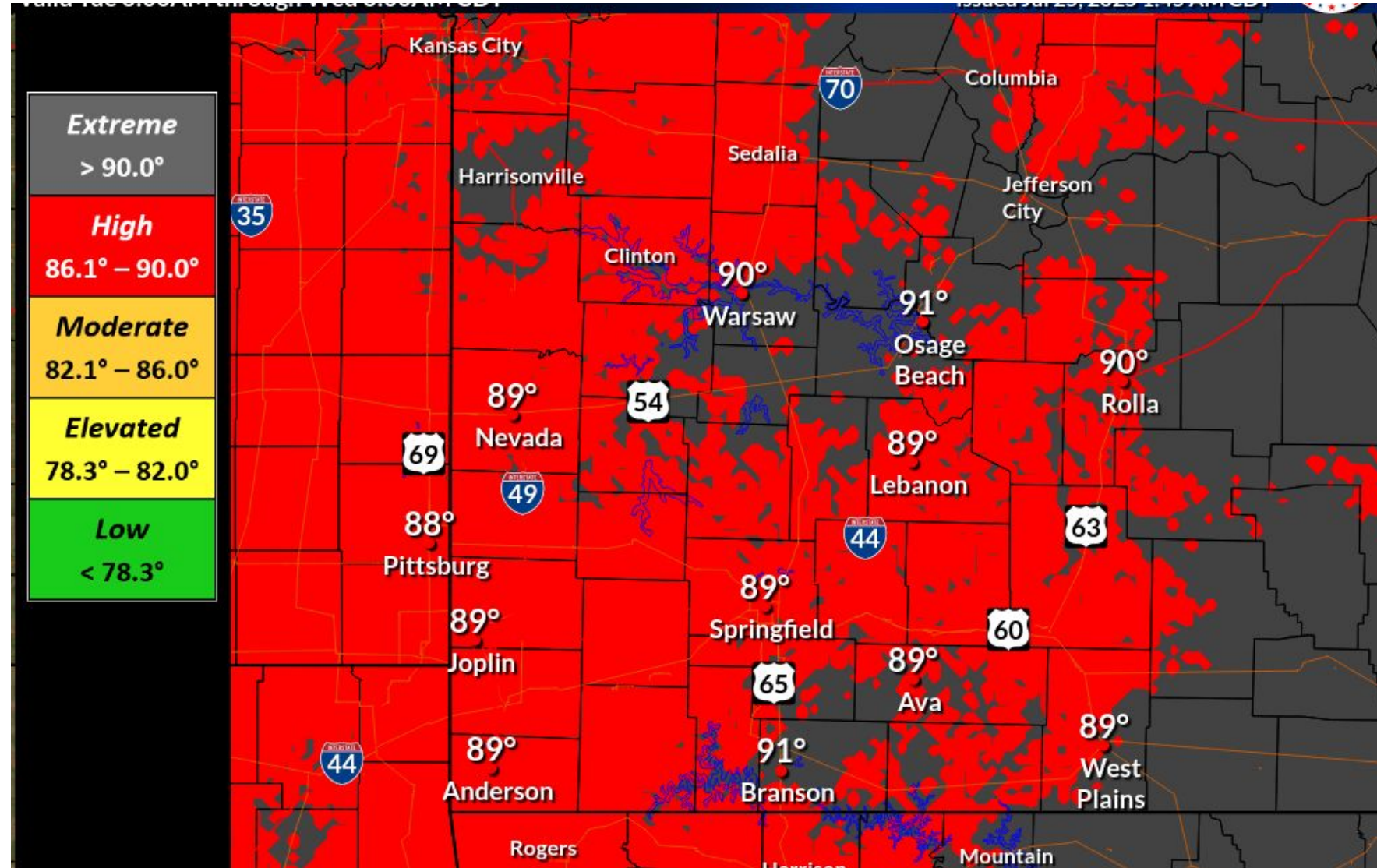
Wet Bulb Globe Temp Monday



# Wet Bulb Globe Temp Forecast

July 25, 2025  
2:56 AM

Tuesday



## Wet Bulb Globe Temp Tuesday



# Understanding Wet Bulb Globe Temperatures

July 25, 2025  
2:56 AM

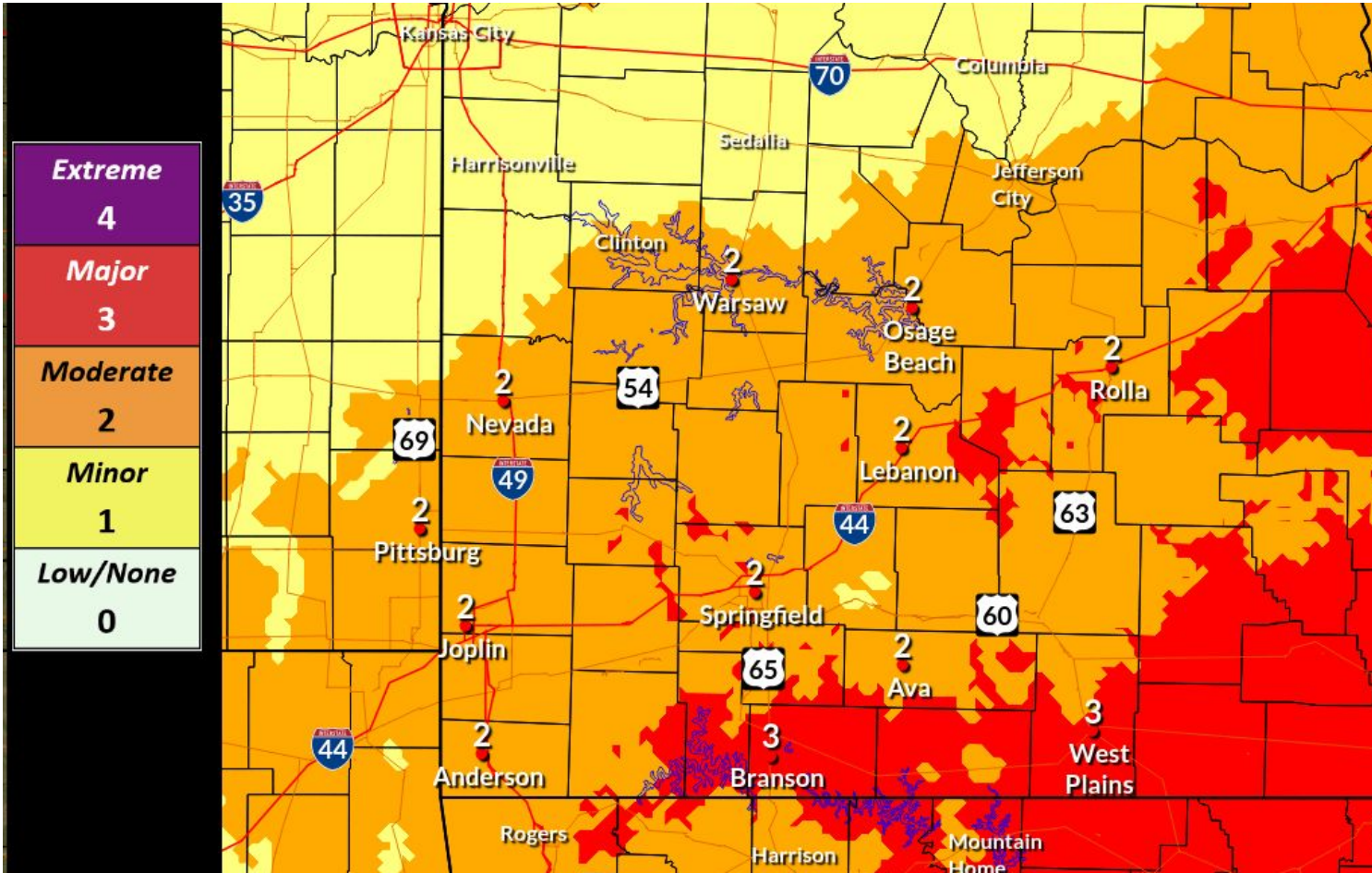
Wet Bulb Globe Temperature (WBGT)			
Threat Level	WBGT (°F)	Effects	Call to Actions
Low	< 78.3	Normal activities.	Take at least 3-5 minutes of breaks each hour if working or exercising in direct sunlight.
Elevated	78.3 – 82.0	Working or exercising in direct sunlight will stress your body after 45 minutes.	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>			



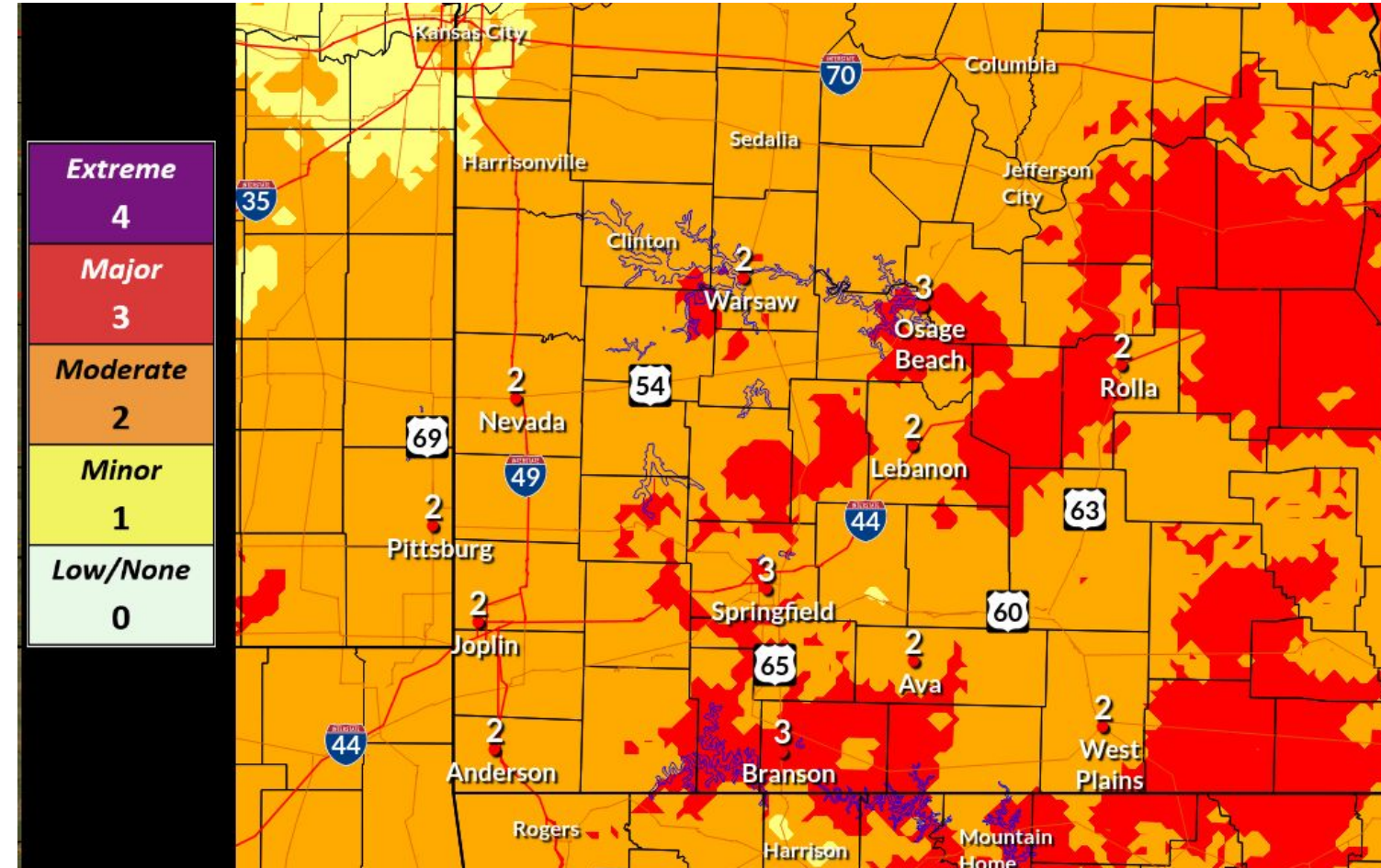
# HeatRisk Forecast

July 25, 2025  
2:56 AM

Friday and Saturday



## HeatRisk Friday



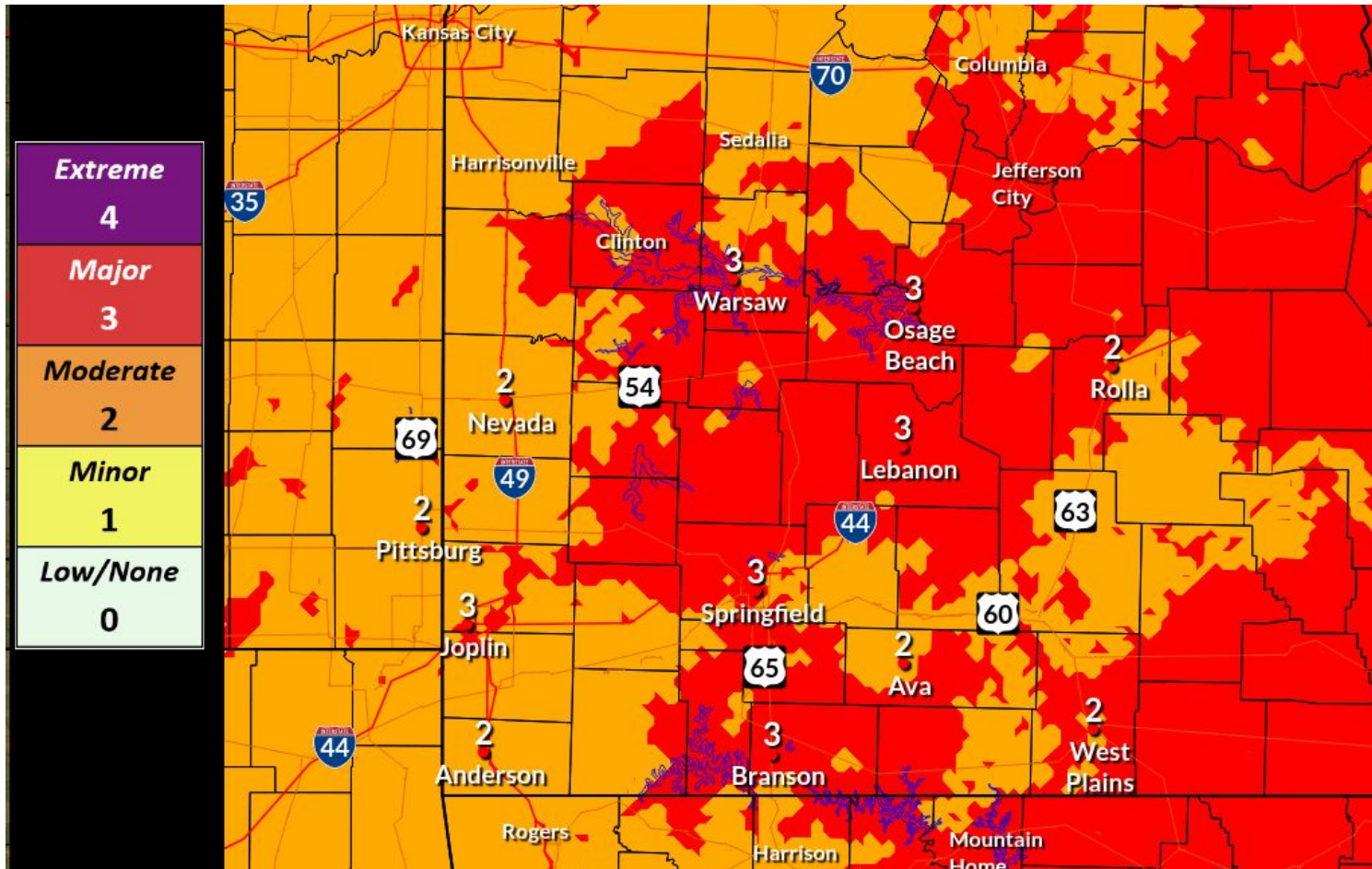
## HeatRisk Saturday



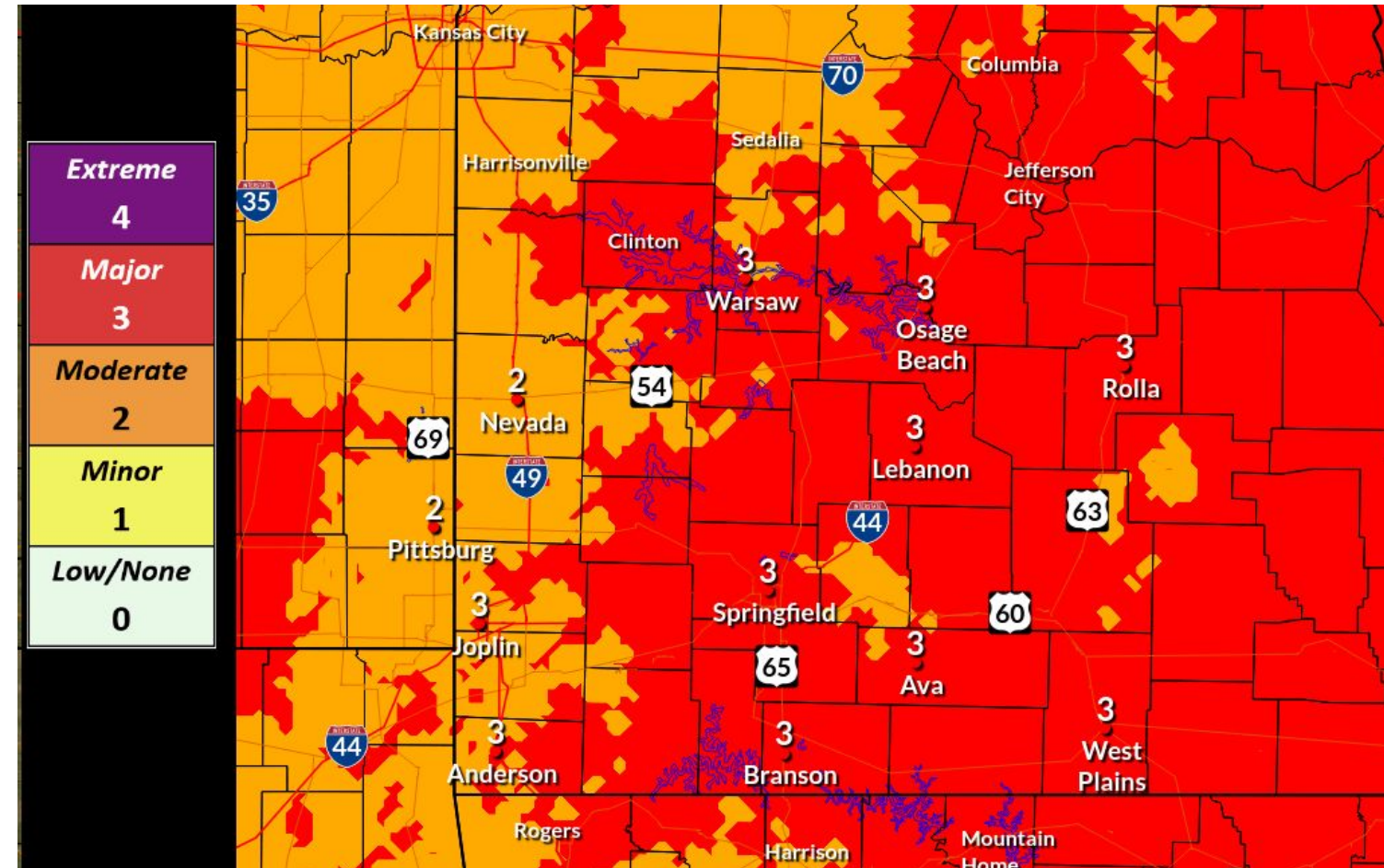
# HeatRisk Forecast

July 25, 2025  
2:56 AM

Sunday and Monday



## HeatRisk Sunday



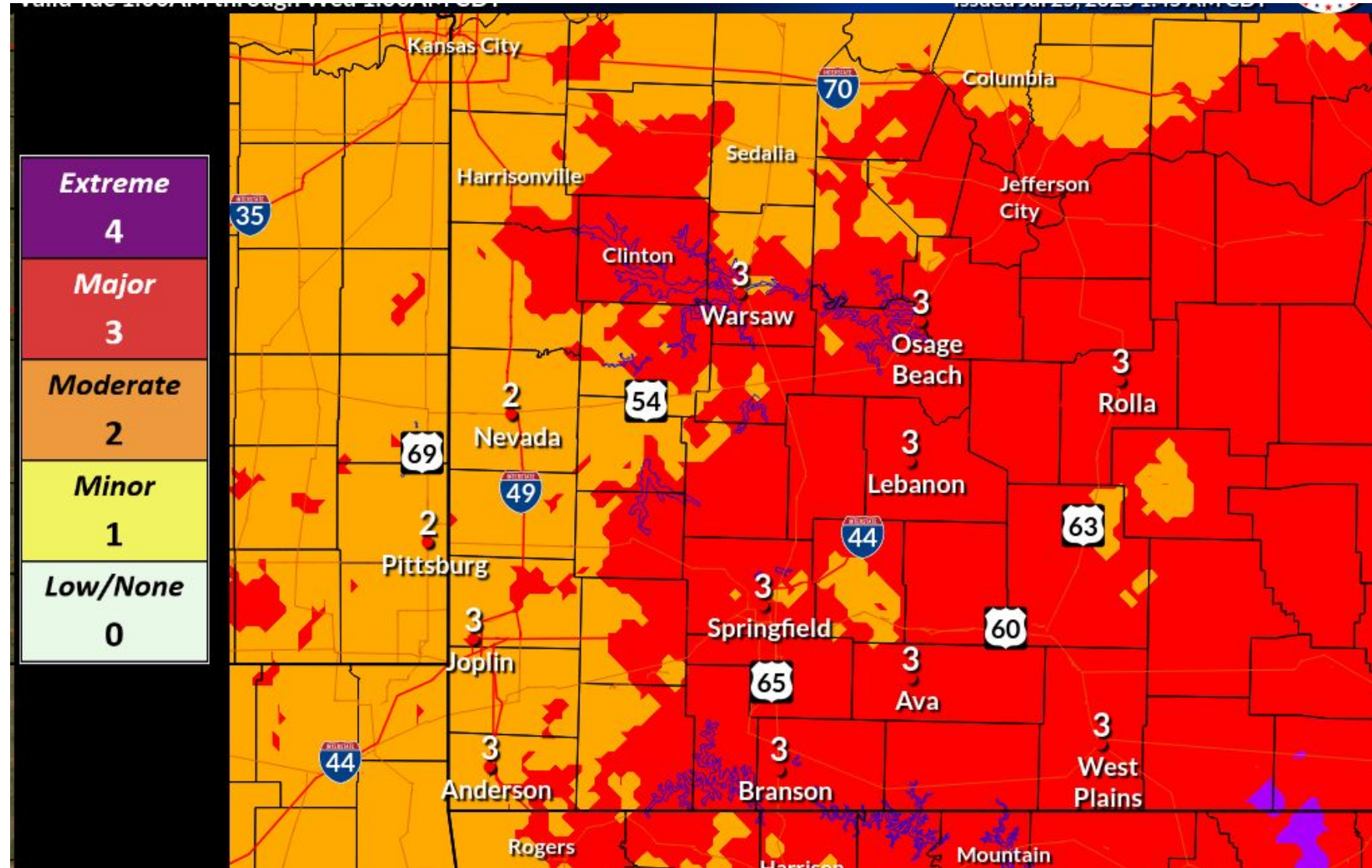
## HeatRisk Monday



# HeatRisk Forecast

July 25, 2025  
2:56 AM

Tuesday



## HeatRisk Tuesday





# Understanding NWS HeatRisk

July 25, 2025  
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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.*



# CPC Days 8-14 Risk of Hazardous Temps

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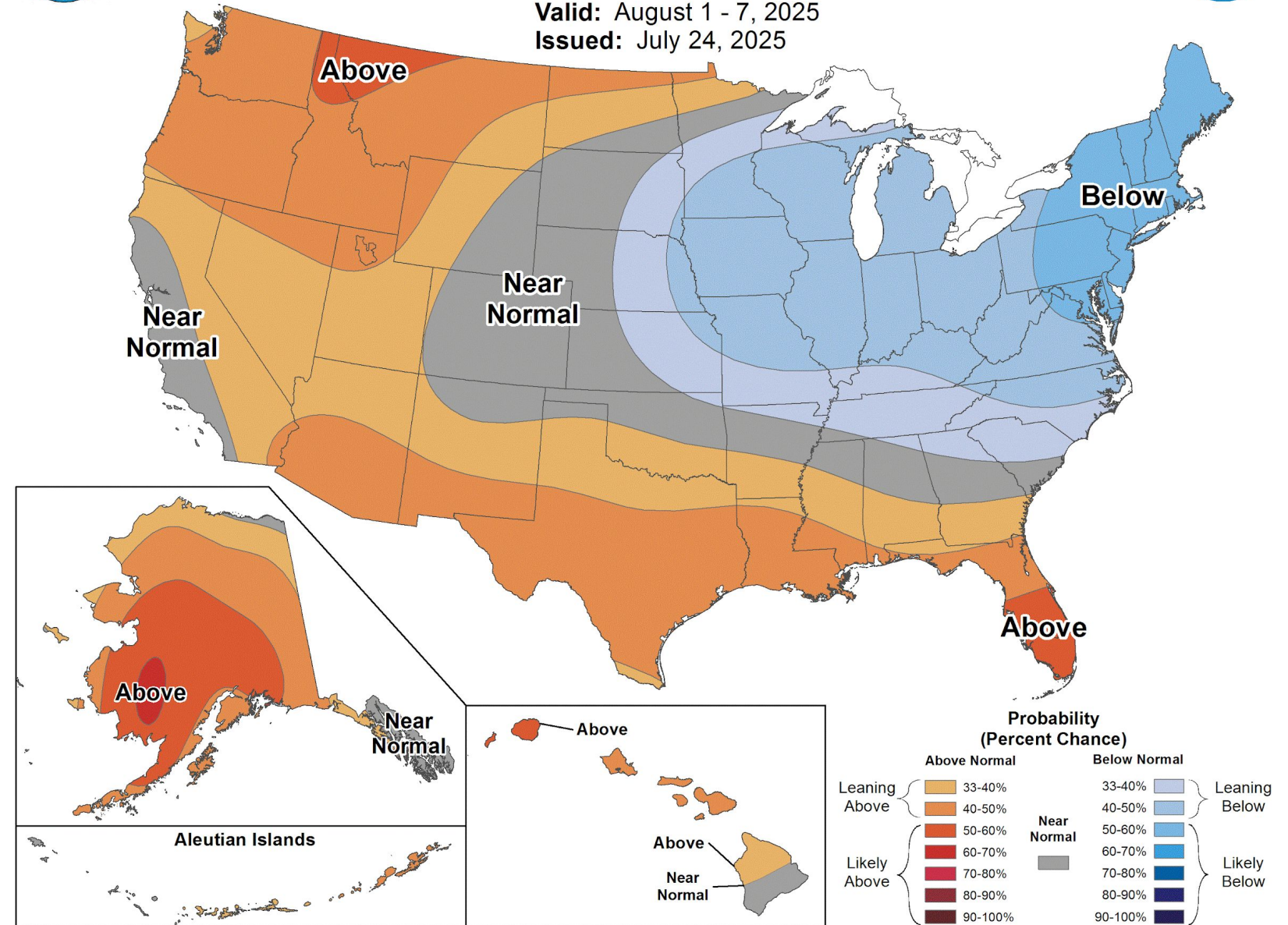
→ There is a signal toward heat relief in the 8-14 day range with CPC 8-14 day forecasts beginning to slightly favor below normal temperatures for the beginning of August.



## 8-14 Day Temperature Outlook



Valid: August 1 - 7, 2025  
Issued: July 24, 2025





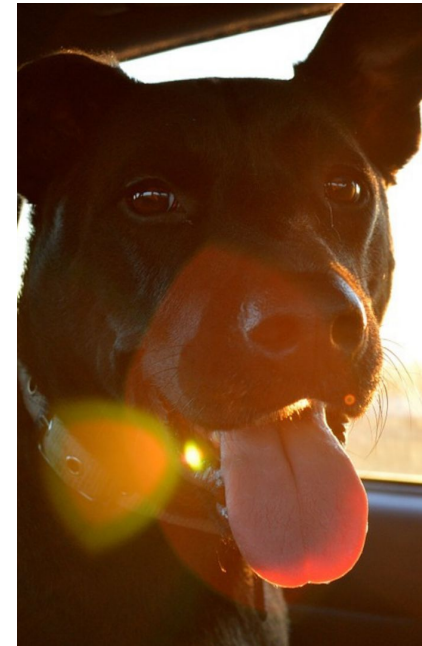
# Additional Resources

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2:56 AM

## 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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## PET HEAT SAFETY

### SAVE A PET'S LIFE IN A HOT CAR

Animals can die of heatstroke within 15 minutes.

Cracking the windows does not help, the inside still gets dangerously hot.

During hot weather, keep your pets at home.

If you see a pet in an unattended vehicle, do not leave until the problem has been resolved!



[weather.gov/heat](https://weather.gov/heat)

## PROTECT YOURSELF FROM HEAT & SUN



Drink plenty of **water** and avoid alcohol. Beverages with electrolytes can also help protect against heat stress.



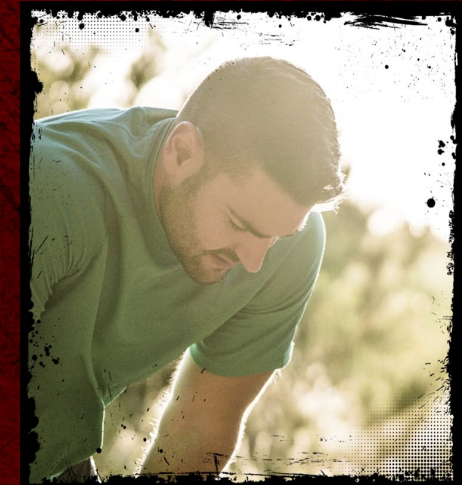
Apply **sunscreen** (SPF 30 or higher) every two hours.



Wear lightweight, loose-fitting, and **light-colored clothing**.



Take regular breaks in the **shade**.



[weather.gov](https://weather.gov)

National Weather Service  
Springfield, MO



National Oceanic and Atmospheric Administration  
U.S. Department of Commerce