



# Prolonged Heat this Week

June 29, 2026

5:02 AM

## Heat Advisory now through Friday

### Key Messages

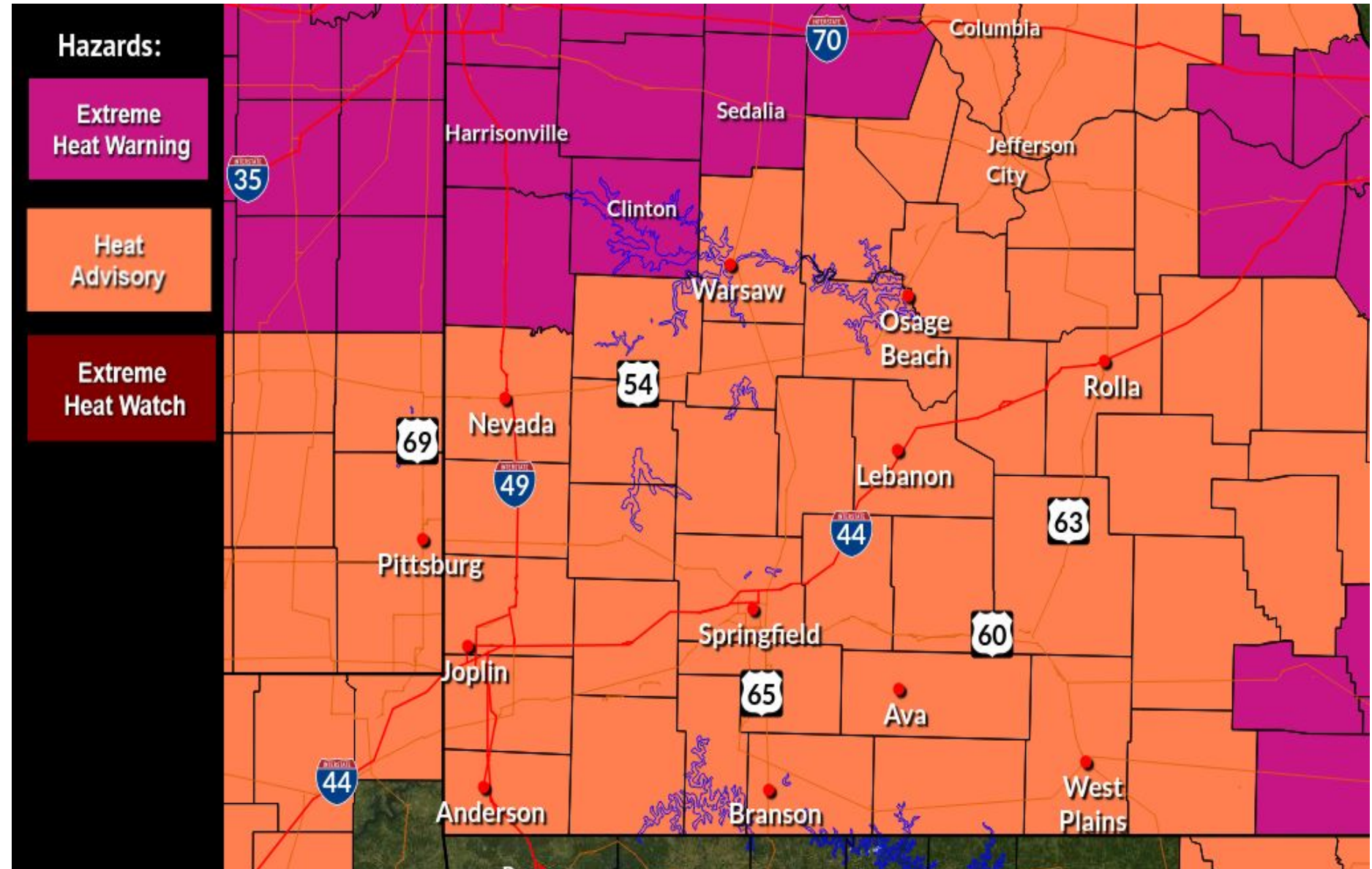
- Heat Advisory in effect for the entire area through Friday.
- Daily heat indices around 100 degrees.
- Warm overnight lows in the middle to upper 70s.

### **NEW** Important Updates

- Extended Heat Advisory through Friday.
- Refreshed Heat Index, WBGT, and HeatRisk maps.

### Next Scheduled Briefing

- By Tuesday Morning



Heat Headlines



# Daily Heat Index

June 29, 2026  
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## Forecast Confidence Levels

### Heat Index > 95



### Heat Index > 100

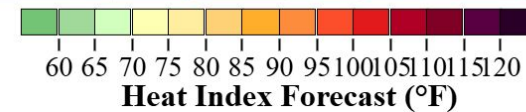


### Heat Index > 105



### Heat Index (°F) Forecast

	6/29 Mon		6/30 Tue		7/1 Wed		7/2 Thu		7/3 Fri									
	12pm	6pm	12am	6am	12pm	6pm	12am	6am	12pm	6pm								
Pittsburg, KS	96	102	86	77	95	100	83	73	97	102	83	74	101	105	83	74	98	103
Joplin	95	101	85	77	96	99	83	74	98	102	83	75	99	105	79	75	98	102
Nevada	96	103	86	77	95	99	83	73	95	102	83	74	99	105	79	75	97	103
Monett	91	96	78	75	92	95	77	72	94	96	77	73	96	98	77	74	96	97
Bolivar	96	102	79	75	96	101	77	73	96	102	78	73	99	103	78	74	98	103
Warsaw	100	106	86	78	99	103	83	75	97	105	84	75	99	105	84	76	98	105
Springfield	95	99	78	74	97	100	78	73	97	101	78	74	99	102	77	75	99	101
Branson	99	105	83	76	100	103	79	72	102	105	79	74	103	107	84	75	102	105
Lebanon	94	101	79	75	95	99	78	74	95	99	78	75	97	102	78	75	97	101
Osage Beach	99	107	86	78	98	105	85	76	98	106	86	77	101	106	86	78	101	105
Mountain Grove	94	98	77	73	95	98	76	72	96	98	77	73	96	98	77	74	95	98
Fort Leonard Wood	95	101	85	76	98	101	79	75	95	100	79	76	97	101	84	76	97	101
West Plains	94	99	77	72	97	98	77	72	98	98	77	75	99	101	77	75	98	98
Rolla	95	100	83	76	96	99	79	74	95	98	79	75	96	99	79	75	96	101

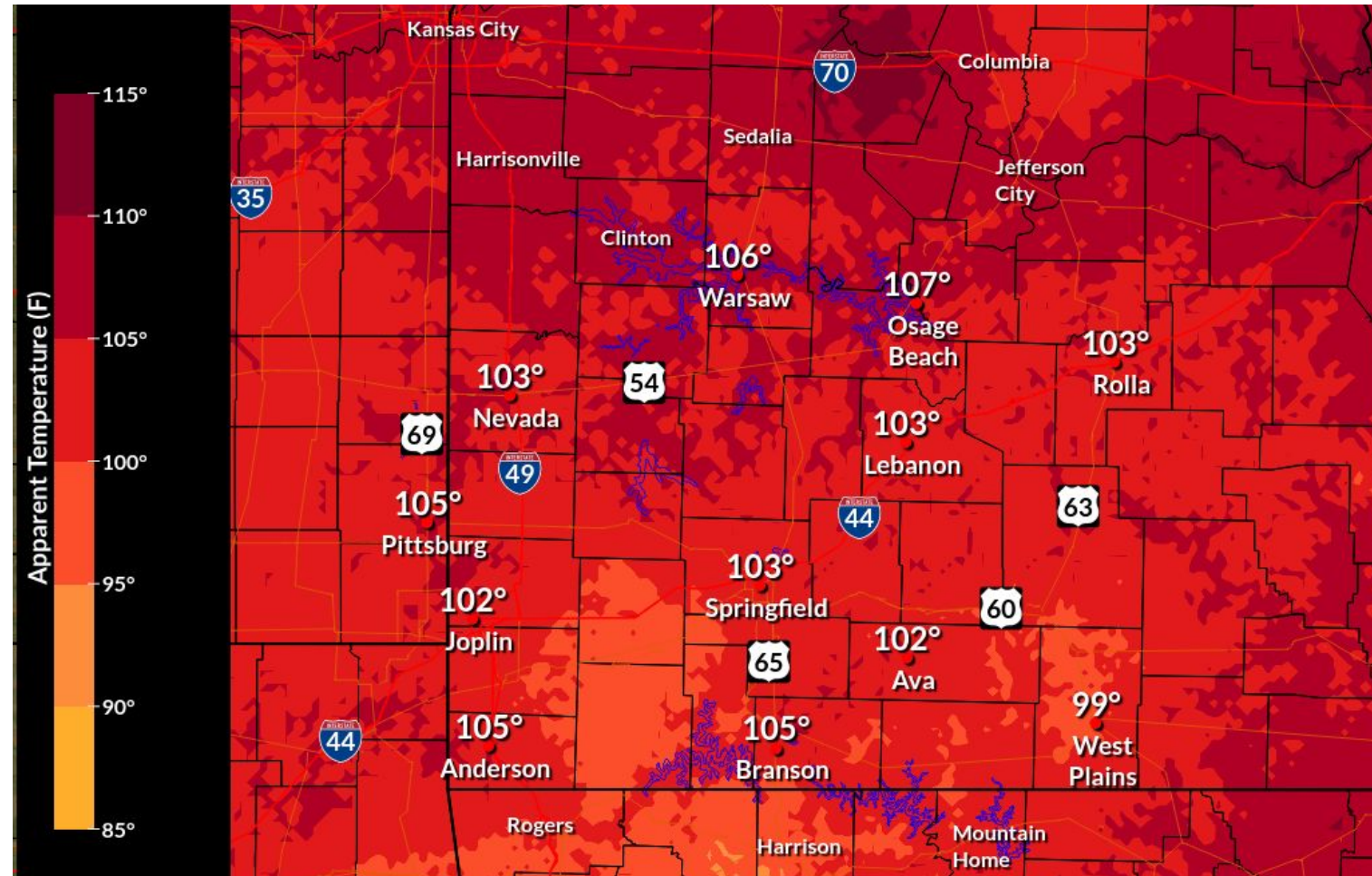




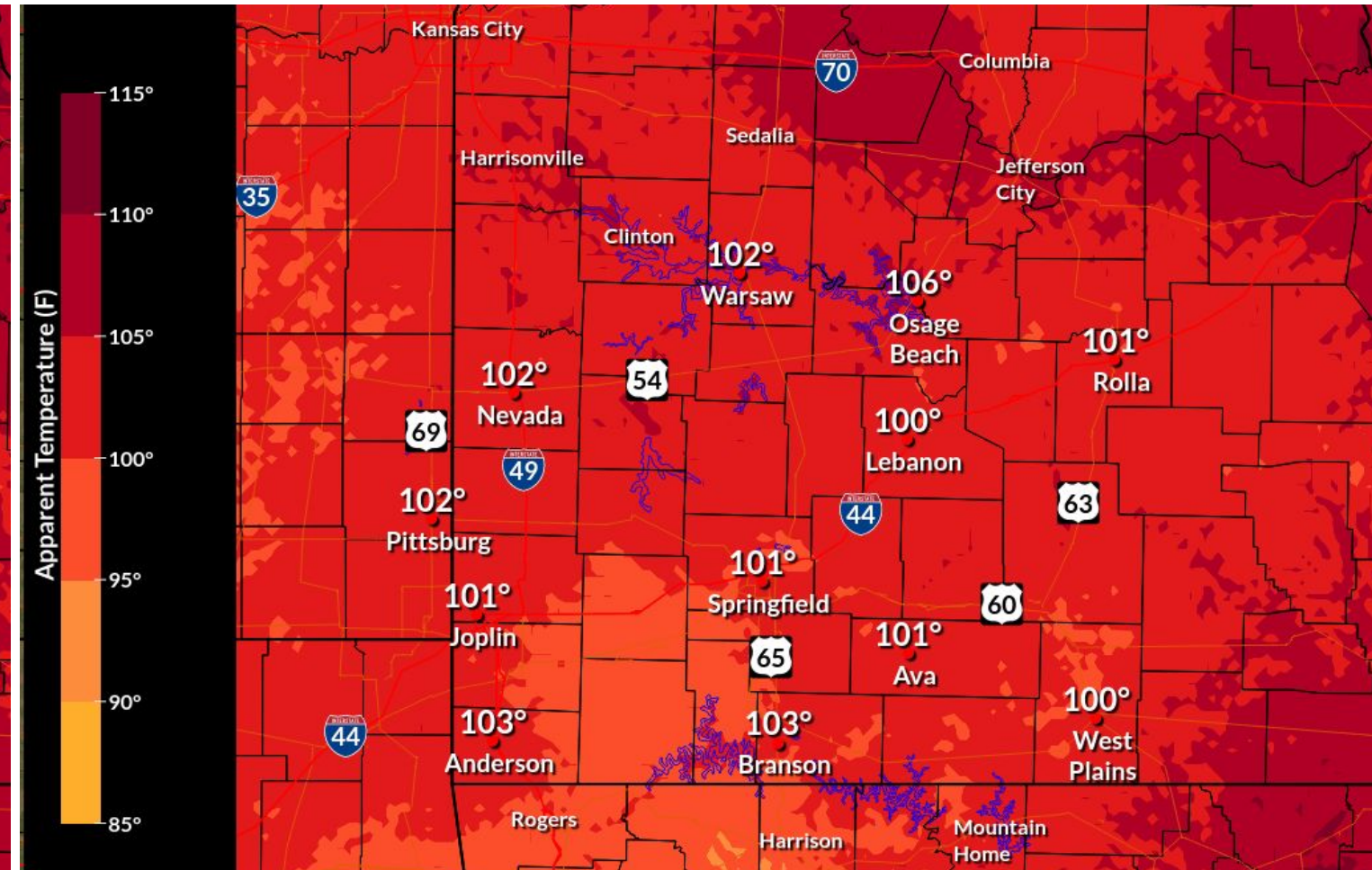
# Heat Index Monday and Tuesday

June 29, 2026  
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100 - 105 degrees



## Heat Index Monday



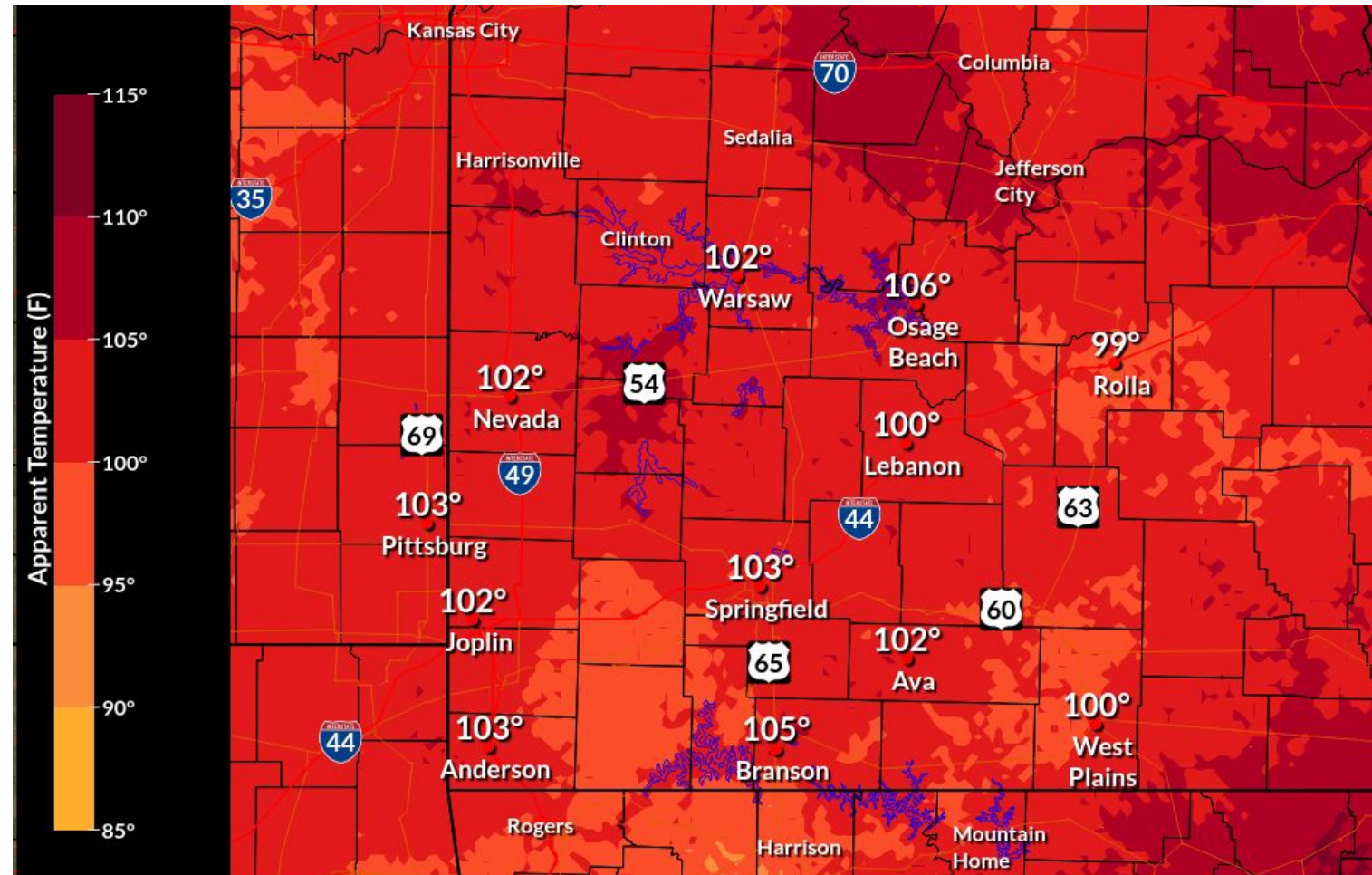
## Heat Index Tuesday



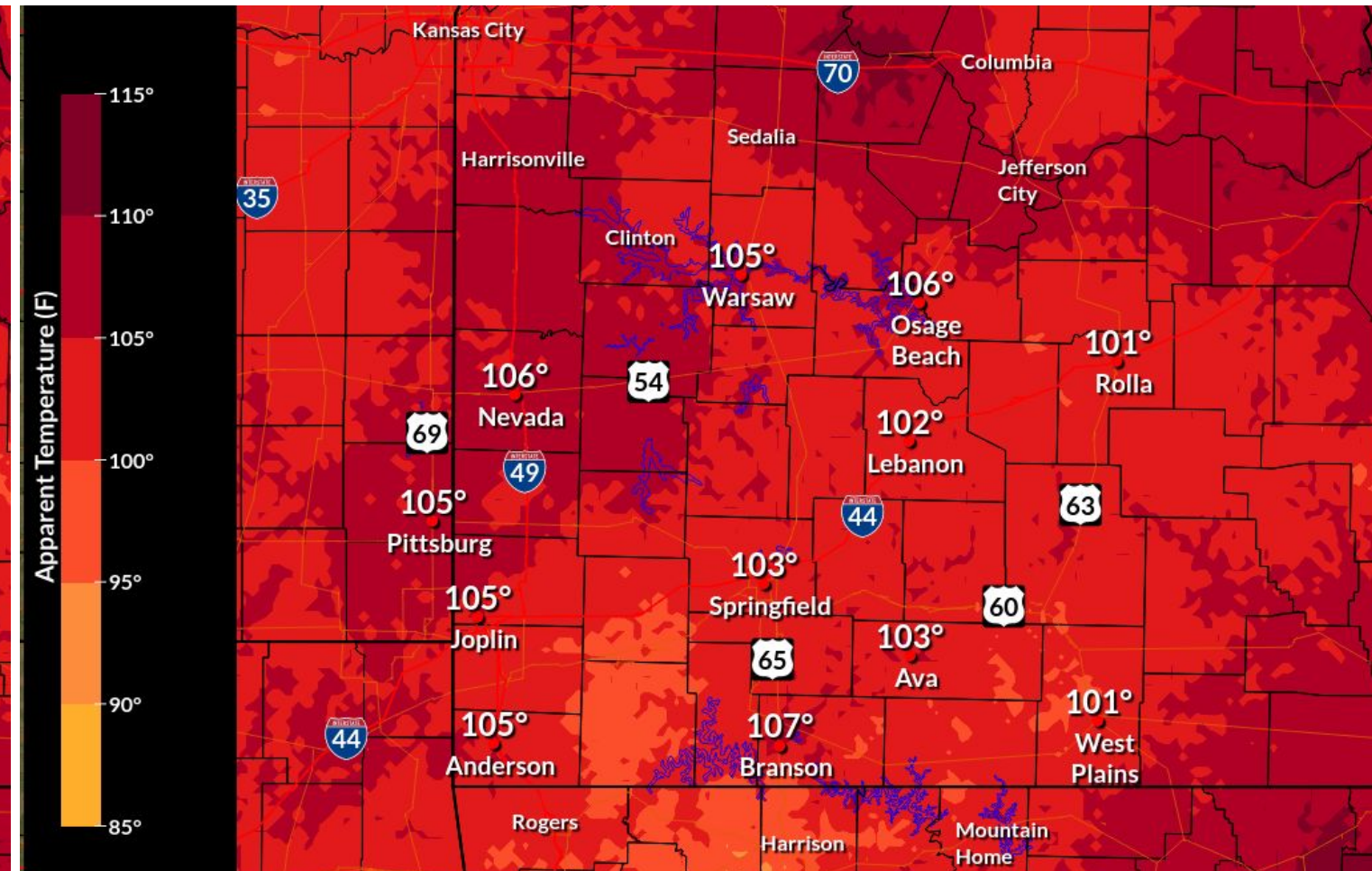
# Heat Index Wednesday and Thursday

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100 - 105 degrees



## Heat Index Wednesday



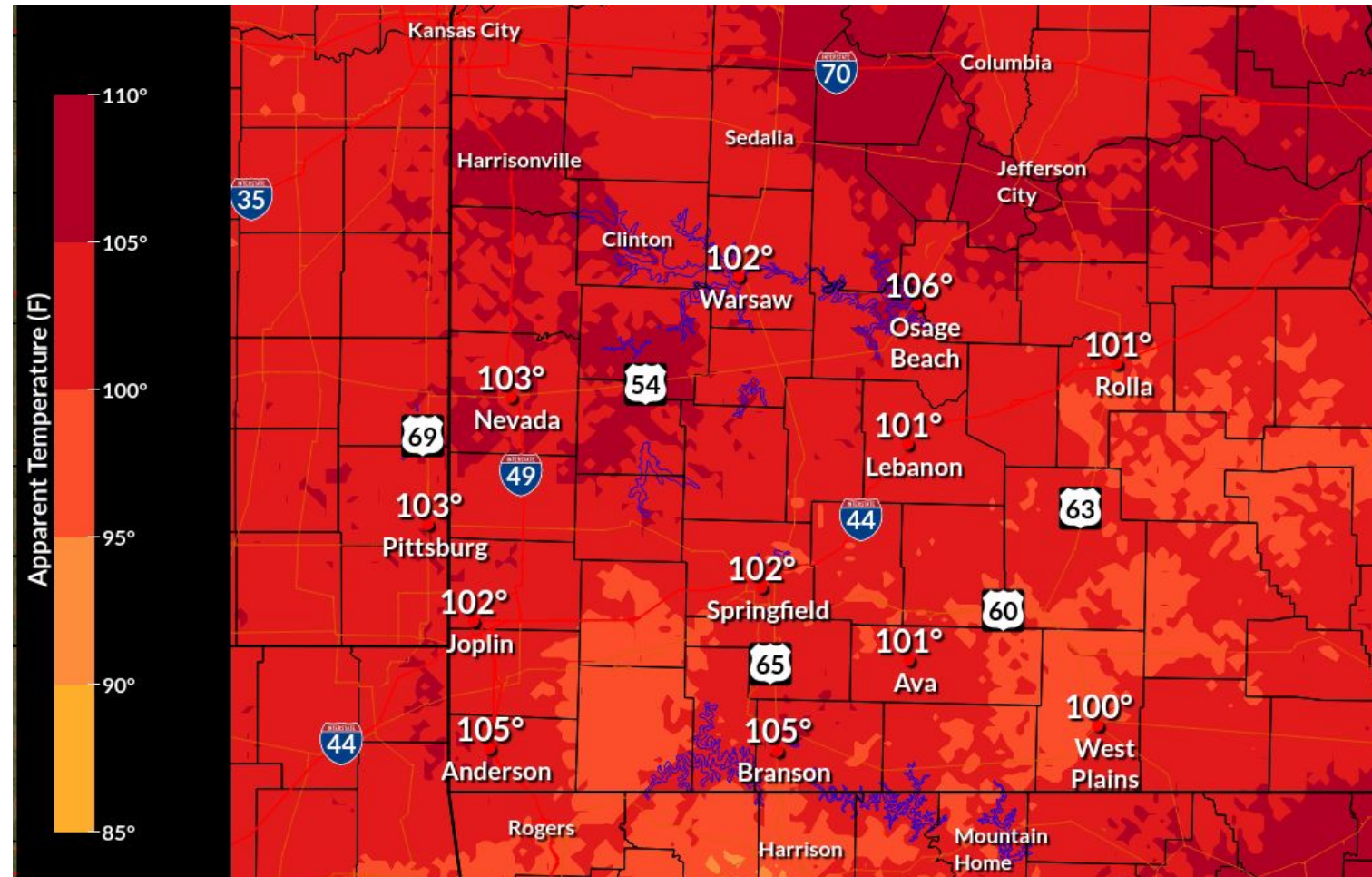
## Heat Index Thursday



# Heat Index Friday

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100 - 105 degrees



## Heat Index Friday

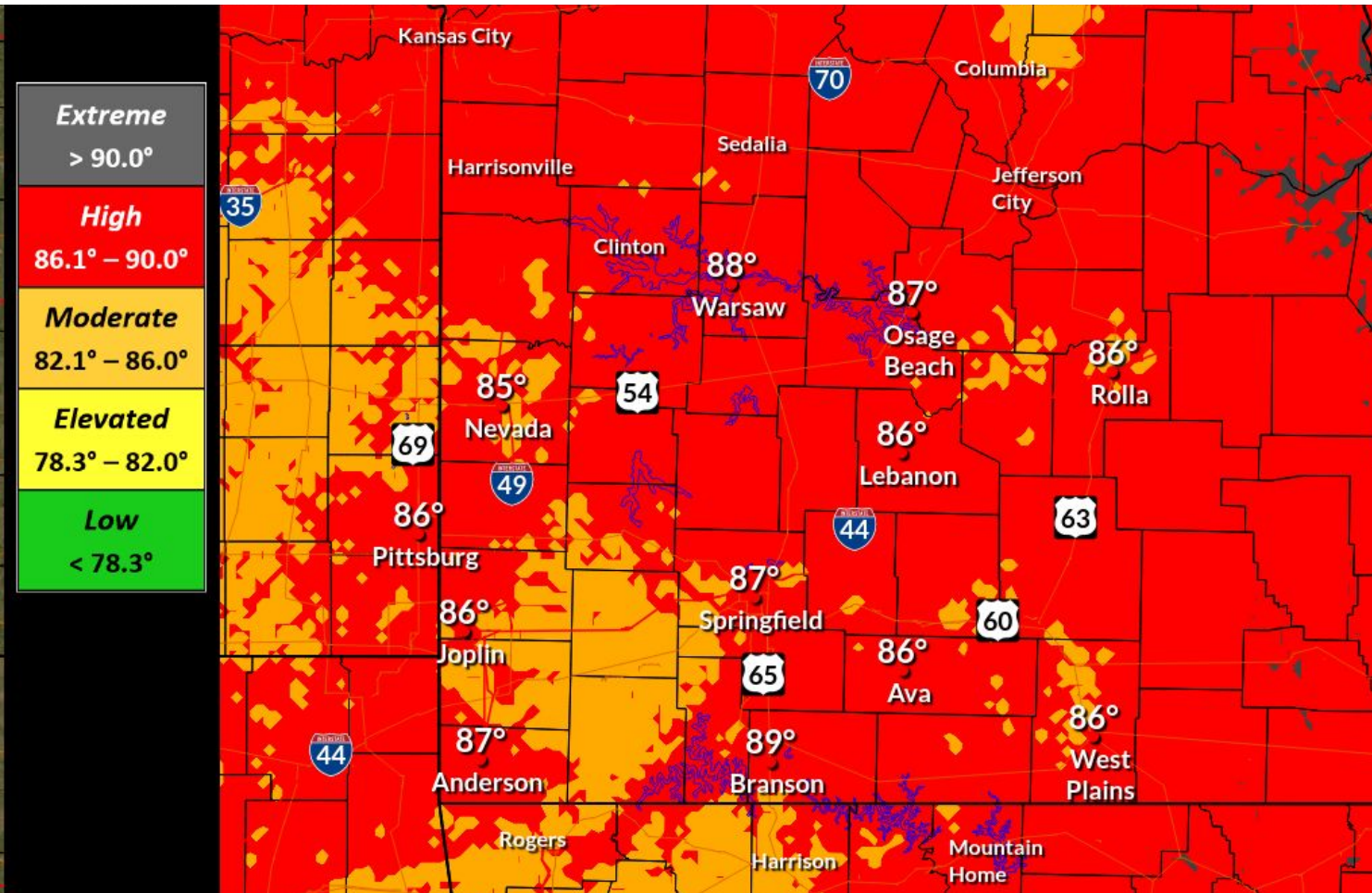




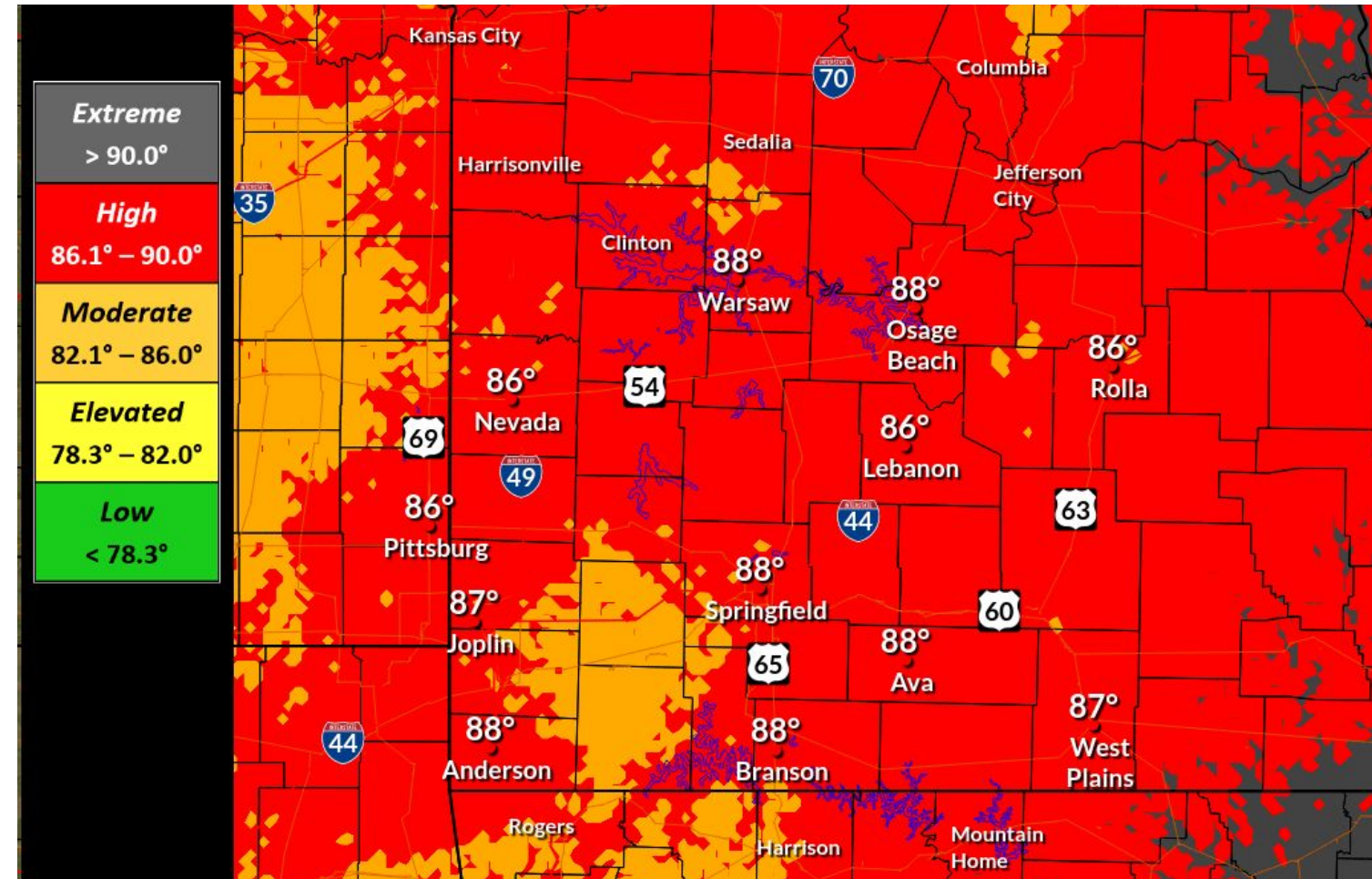
# Wet Bulb Globe Temperature Forecast

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Monday and Tuesday



Maximum WBGT Monday



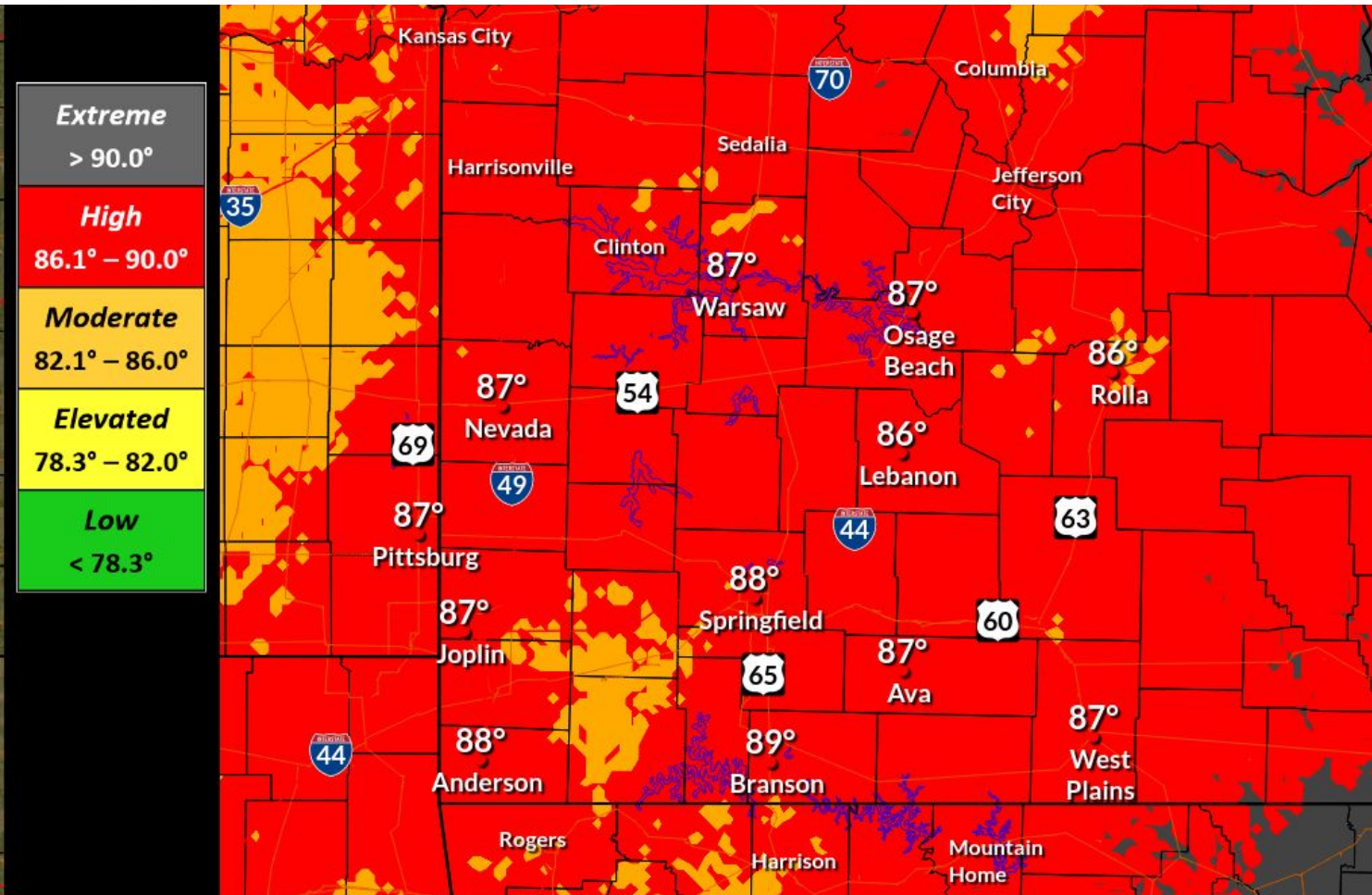
Maximum WBGT Tuesday



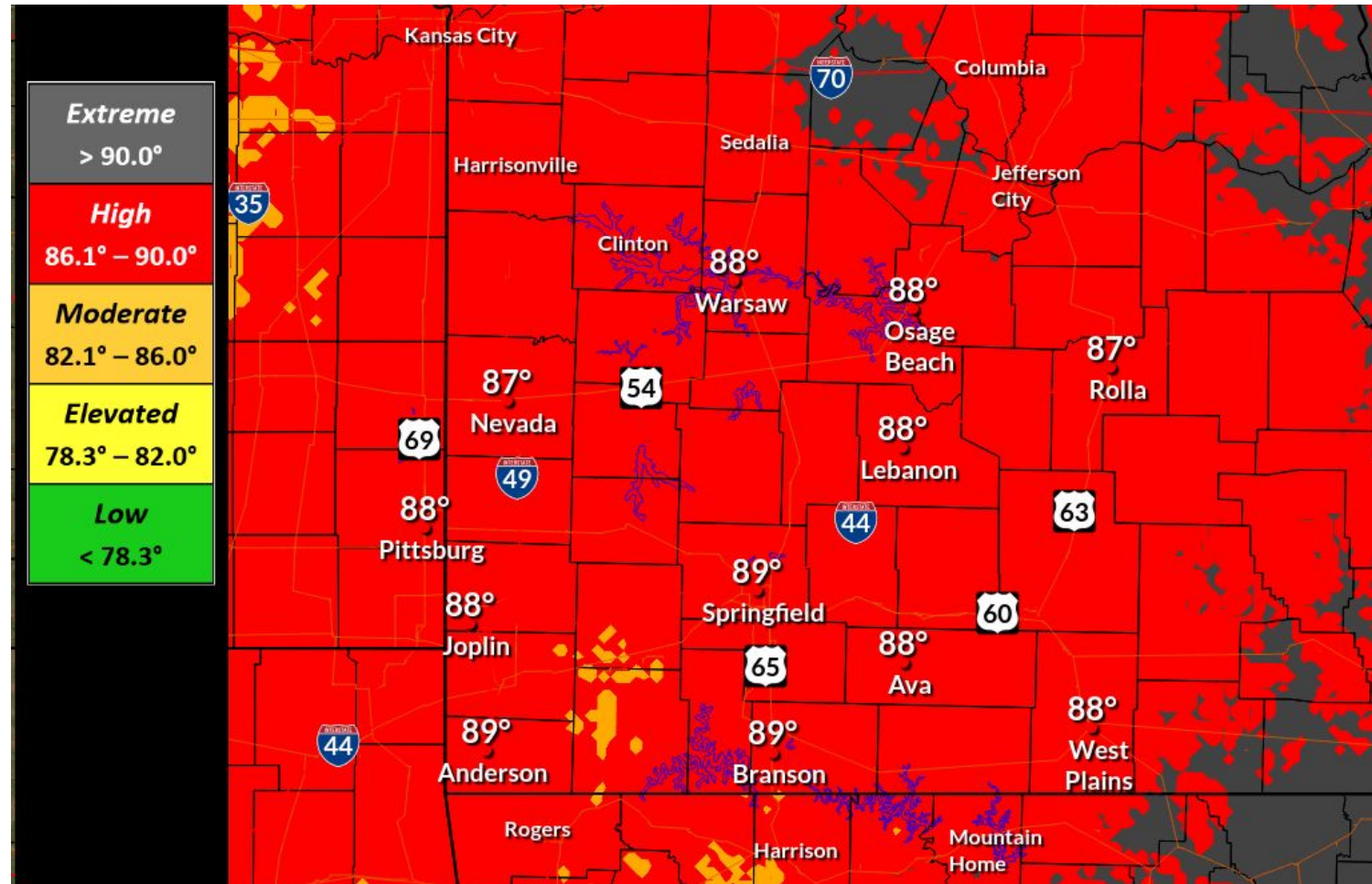
# Wet Bulb Globe Temperature Forecast

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Wednesday and Thursday



## Maximum WBGT Wednesday



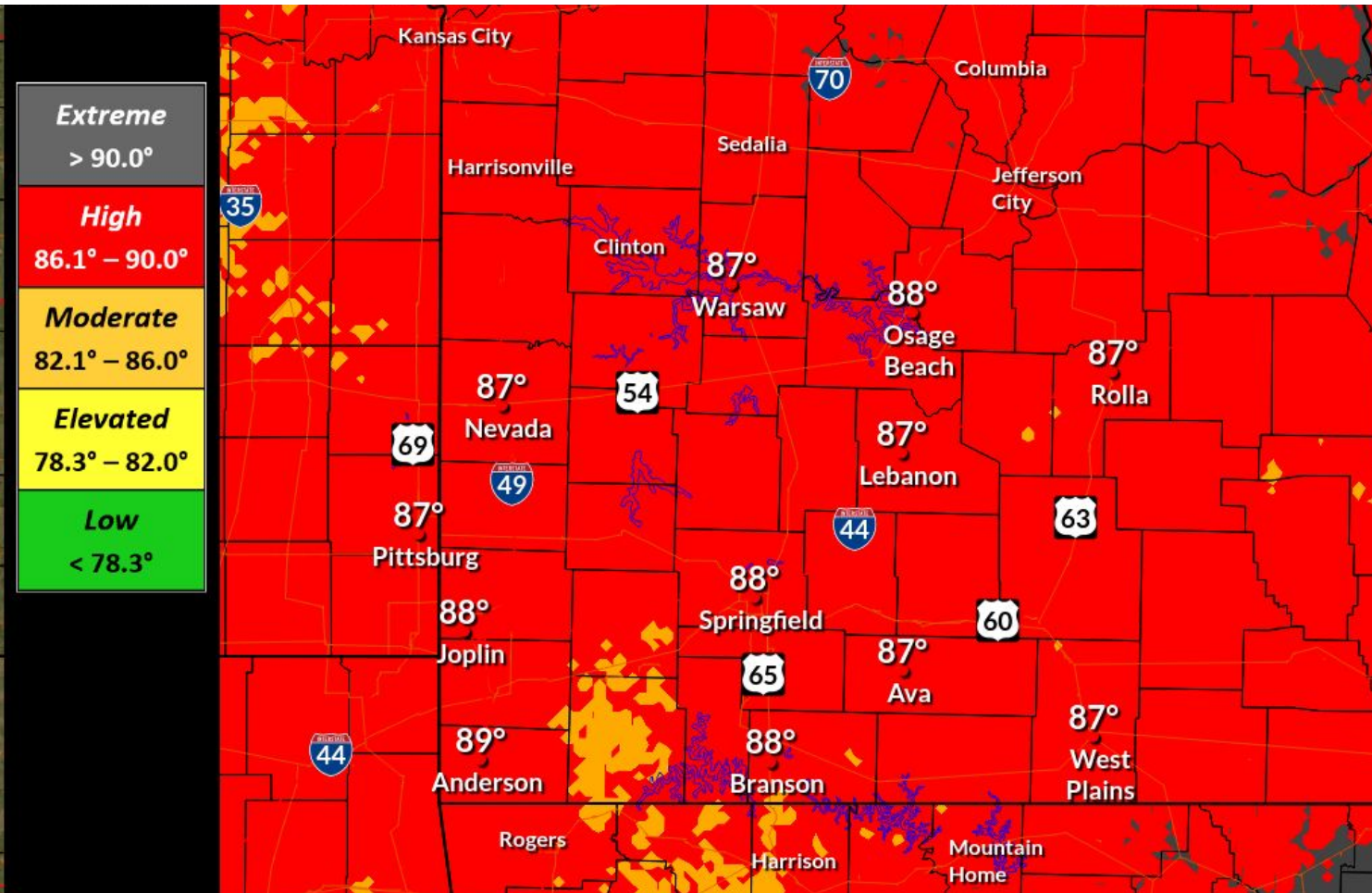
## Maximum WBGT Thursday



# Wet Bulb Globe Temperature Forecast

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Friday

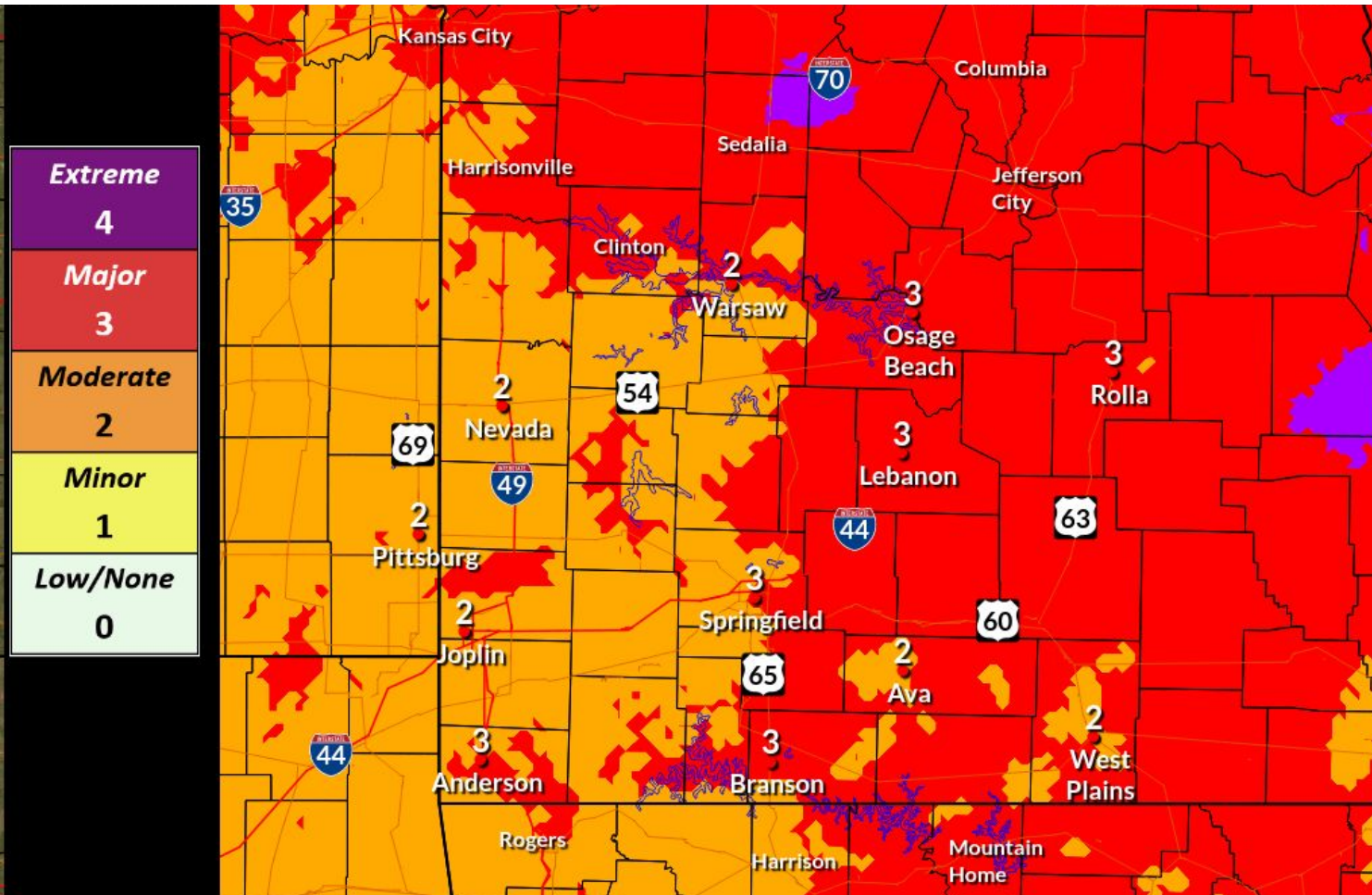


## Maximum WBGT Friday

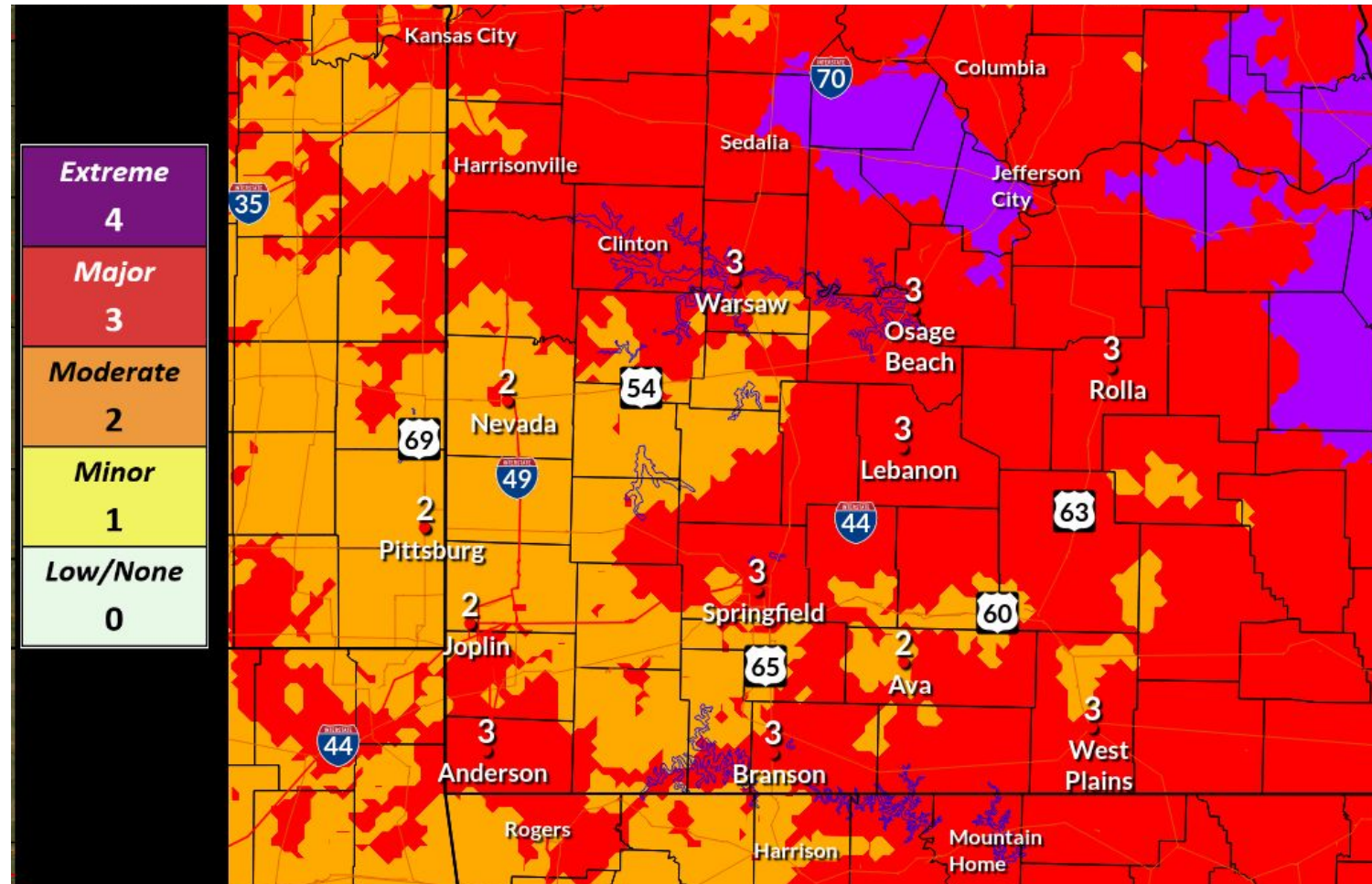


# NWS HeatRisk Forecast Monday and Tuesday

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## HeatRisk Monday

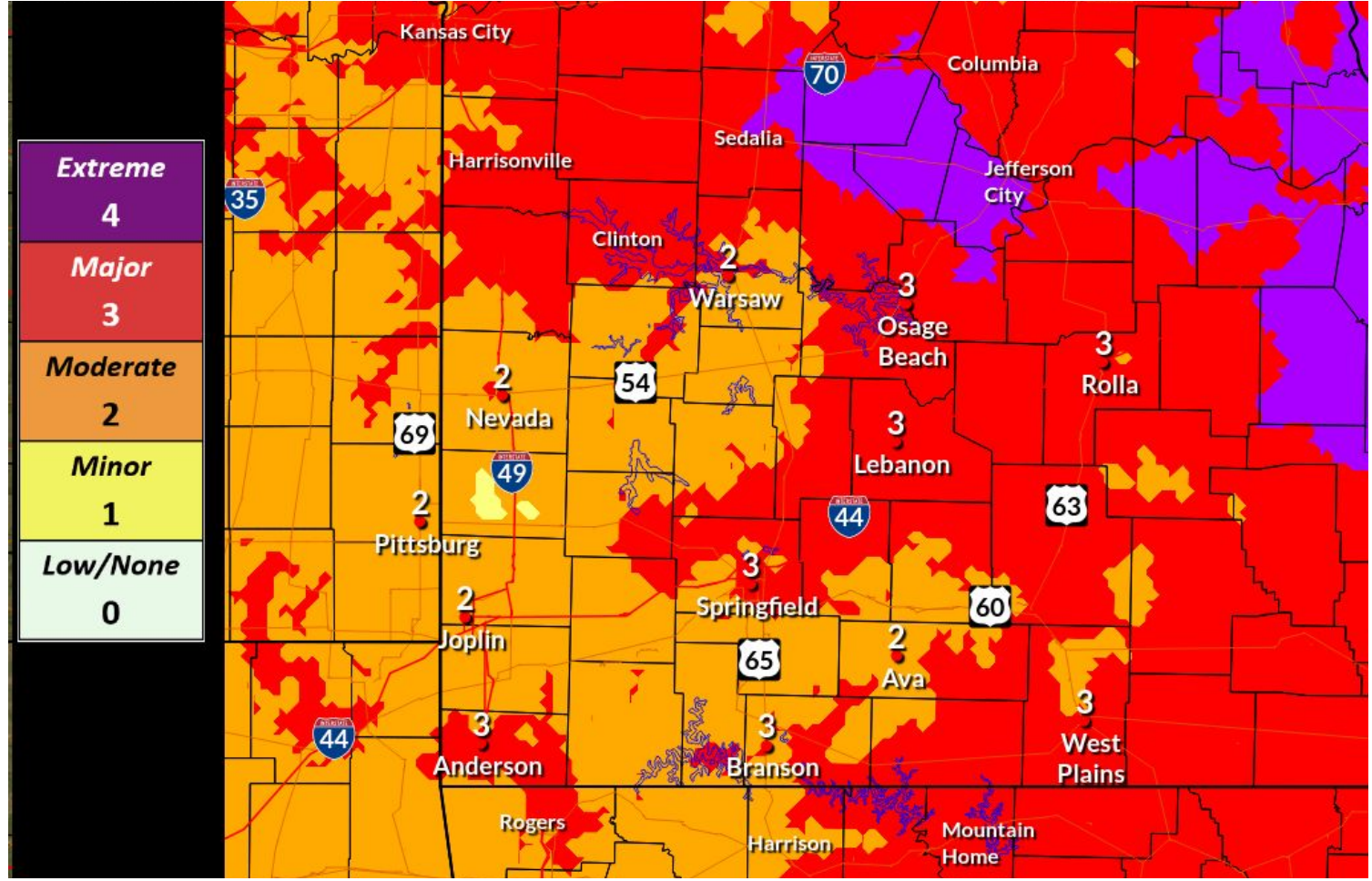


## HeatRisk Tuesday

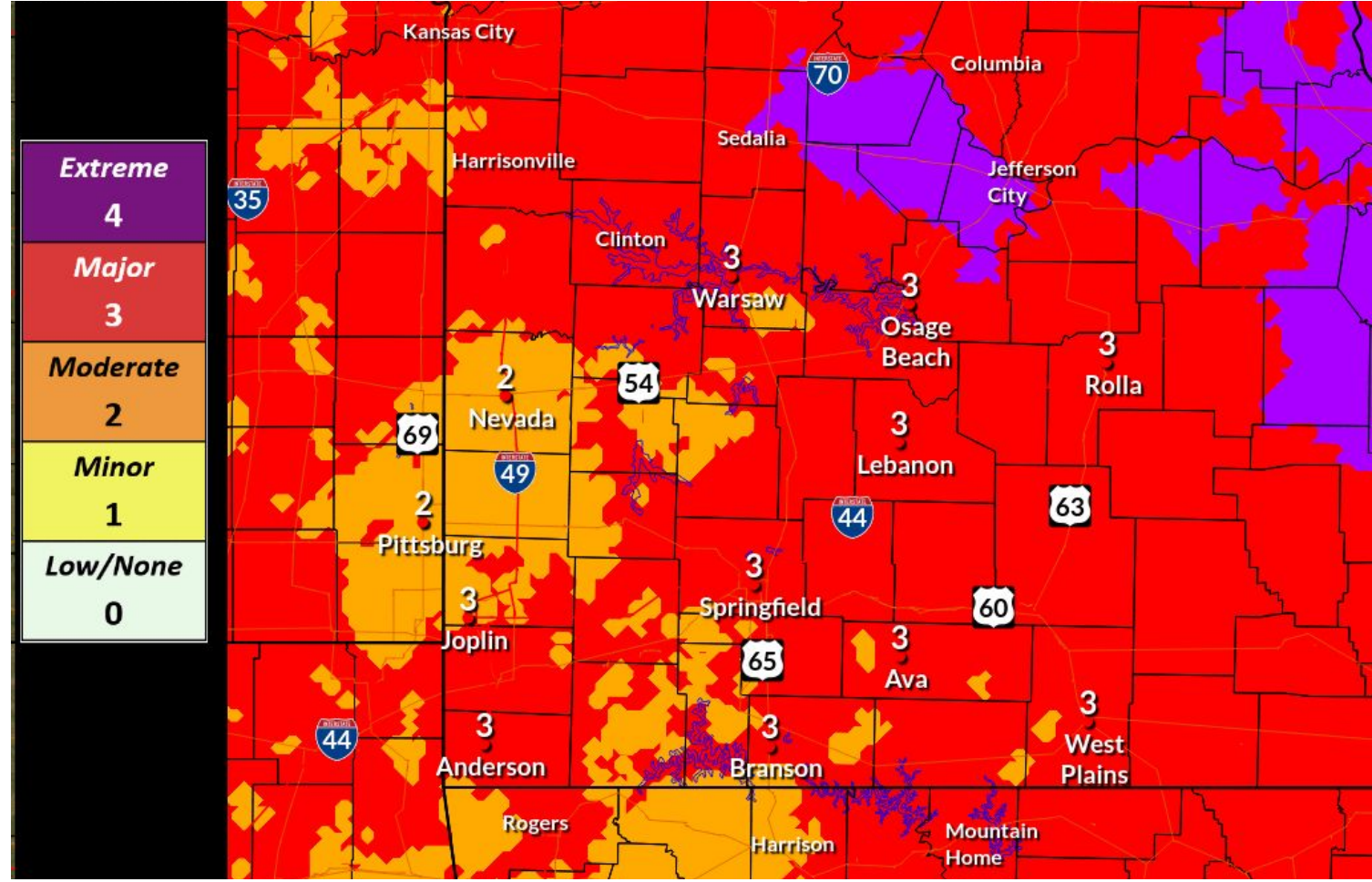


# NWS HeatRisk Forecast Wednesday and Thursday

June 29, 2026  
5:02 AM



## HeatRisk Wednesday

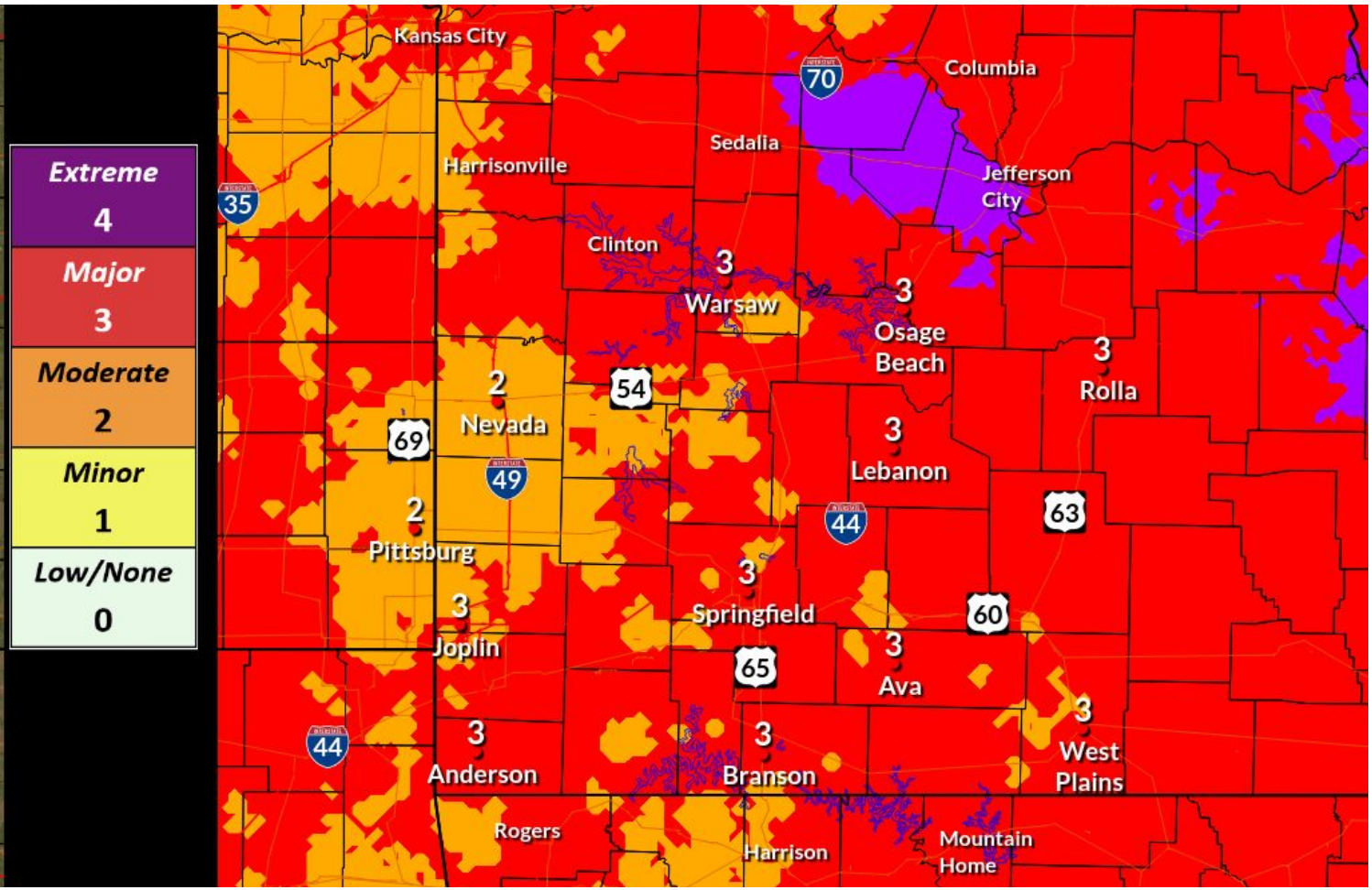


## HeatRisk Thursday



# NWS HeatRisk Forecast Friday

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## HeatRisk Friday



# Hot through the Holiday Weekend

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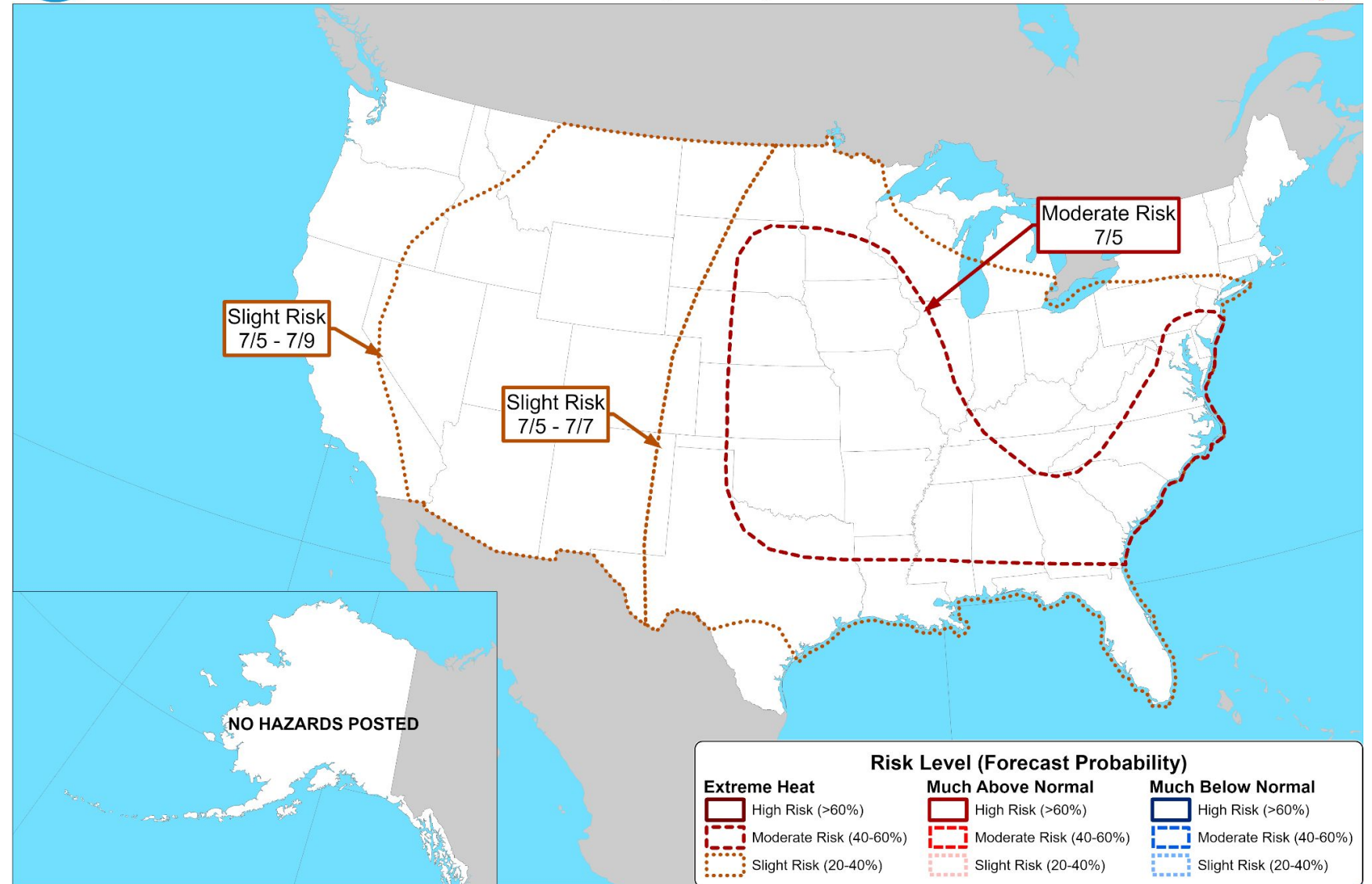
## Overview

- The Climate Prediction Center outlines the area in a Moderate Risk (40-60% chance) for the excessive heat to continue through the Fourth of July weekend.
- Those with outdoor plans to celebrate the holiday should make efforts to have cooling and hydration options readily available.



## Risk of Hazardous Temperatures

Valid: July 5 - 11, 2026



Climate Prediction Center

Released: June 27, 2026 3:00 PM EDT

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

National Weather Service  
Springfield, MO



# Understanding Heat Index

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.*





# Understanding Wet Bulb Globe Temperatures

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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>			



# Understanding NWS HeatRisk

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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.*



# 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><b>ACT FAST</b></p> <ul style="list-style-type: none"> <li>• Move to a cooler area</li> <li>• Loosen clothing</li> <li>• Sip cool water</li> <li>• Seek medical help if symptoms don't improve</li> </ul>	<p><b>ACT FAST</b></p> <p><b>CALL 911</b></p> <ul style="list-style-type: none"> <li>• Move person to a cooler area</li> <li>• Loosen clothing and remove extra layers</li> <li>• Cool with water or ice</li> </ul>
<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