



Extended Heat this Week

July 26, 2026
1:44 PM

Key Messages

- A **Extreme Heat Warning** is now in effect through 7 AM Tuesday. A **Heat Advisory** will then take effect from 7 AM to 7 PM on Tuesday.
- Afternoon heat index values between 100 to 115 degrees.
- High temperatures in the middle 90s to around 100. Minimal overnight relief with temperatures in the upper 70s to near 80.

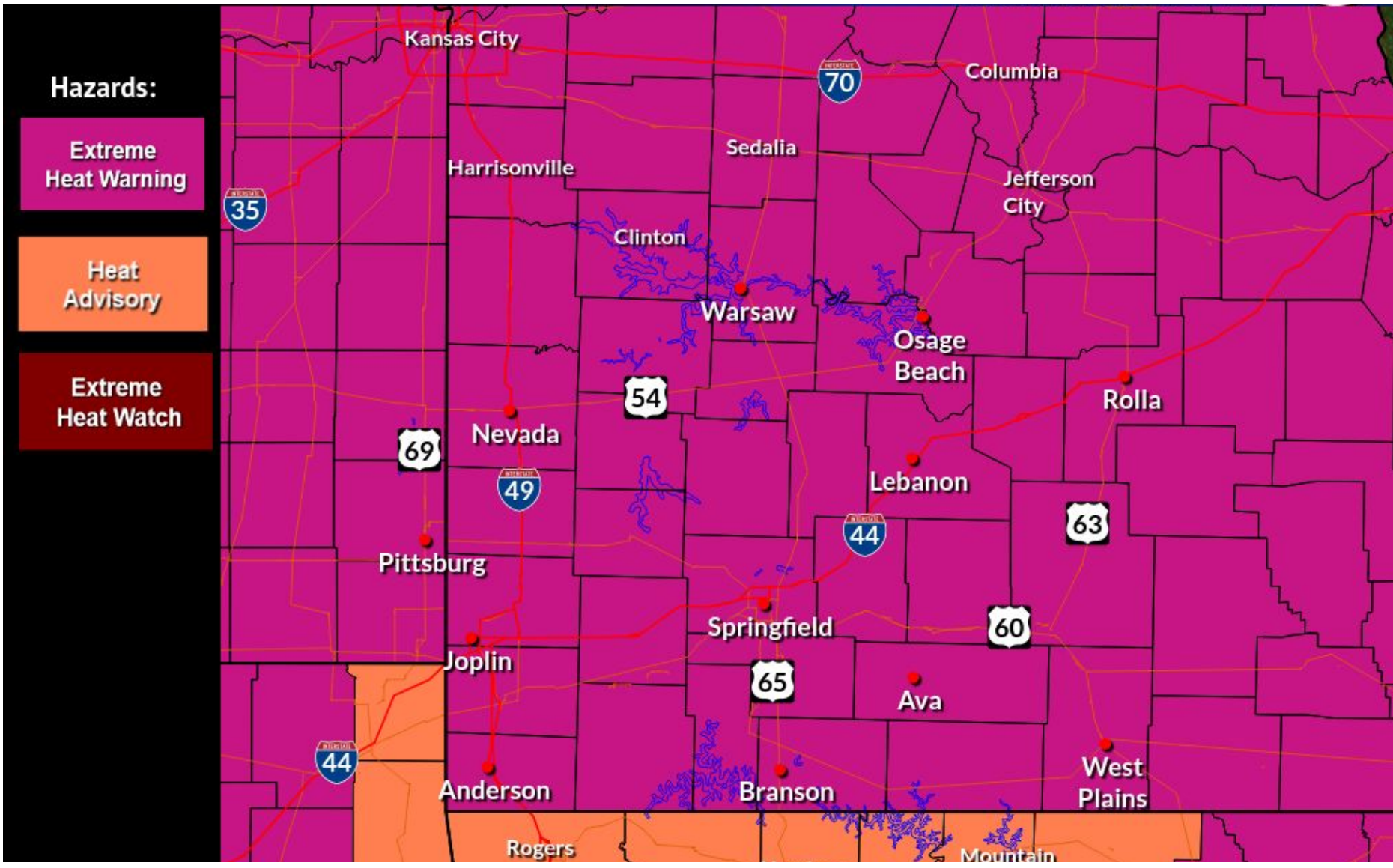
NEW

Important Updates

- Extended the Extreme Heat Warning through 7 AM Tuesday.

Next Scheduled Briefing

- As needed.



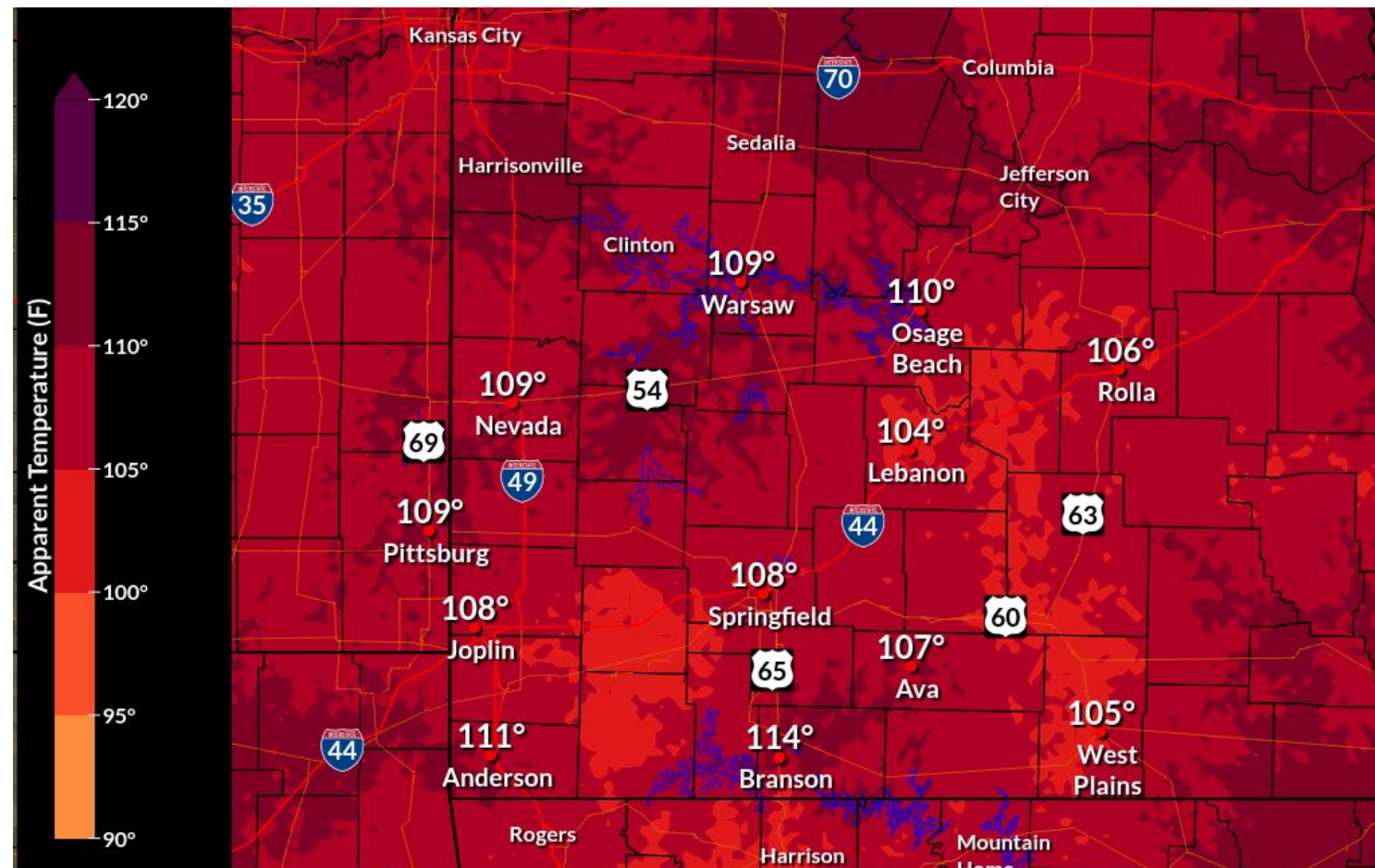
Heat Headlines



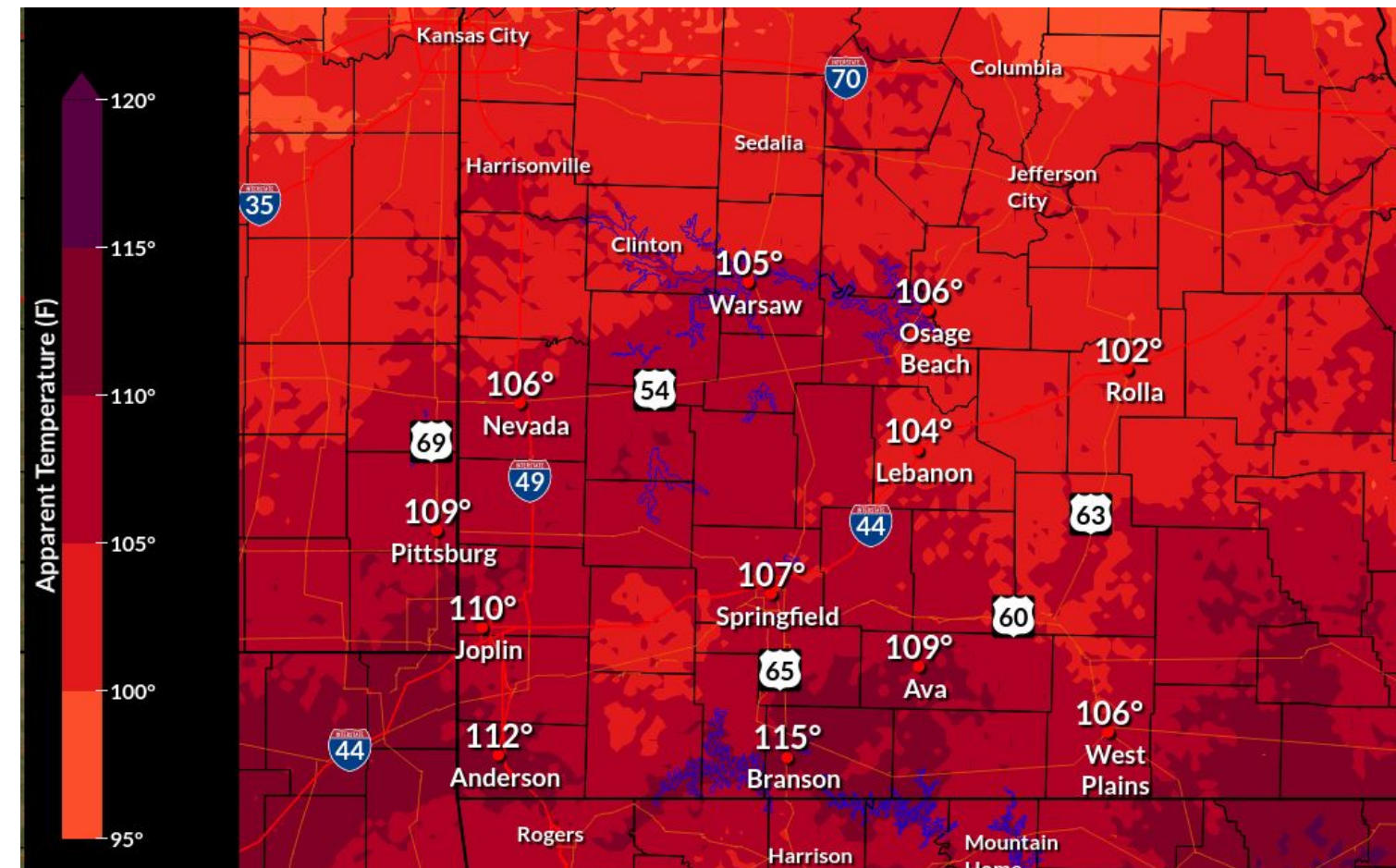
Maximum Heat Index

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Monday - Tuesday



Maximum Heat Index Monday



Maximum Heat Index Tuesday





Understanding Heat Index

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.
<i>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.</i>		

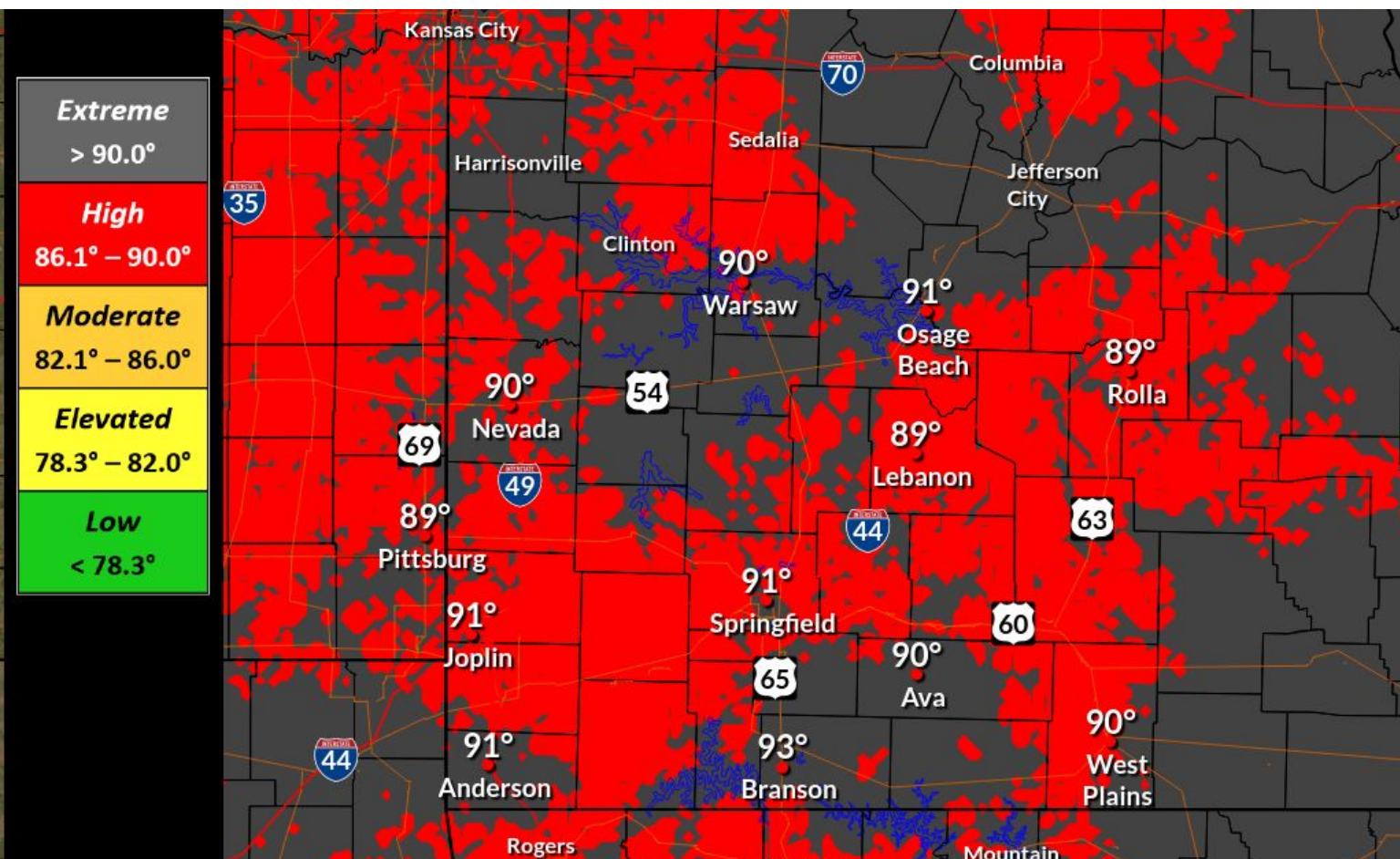




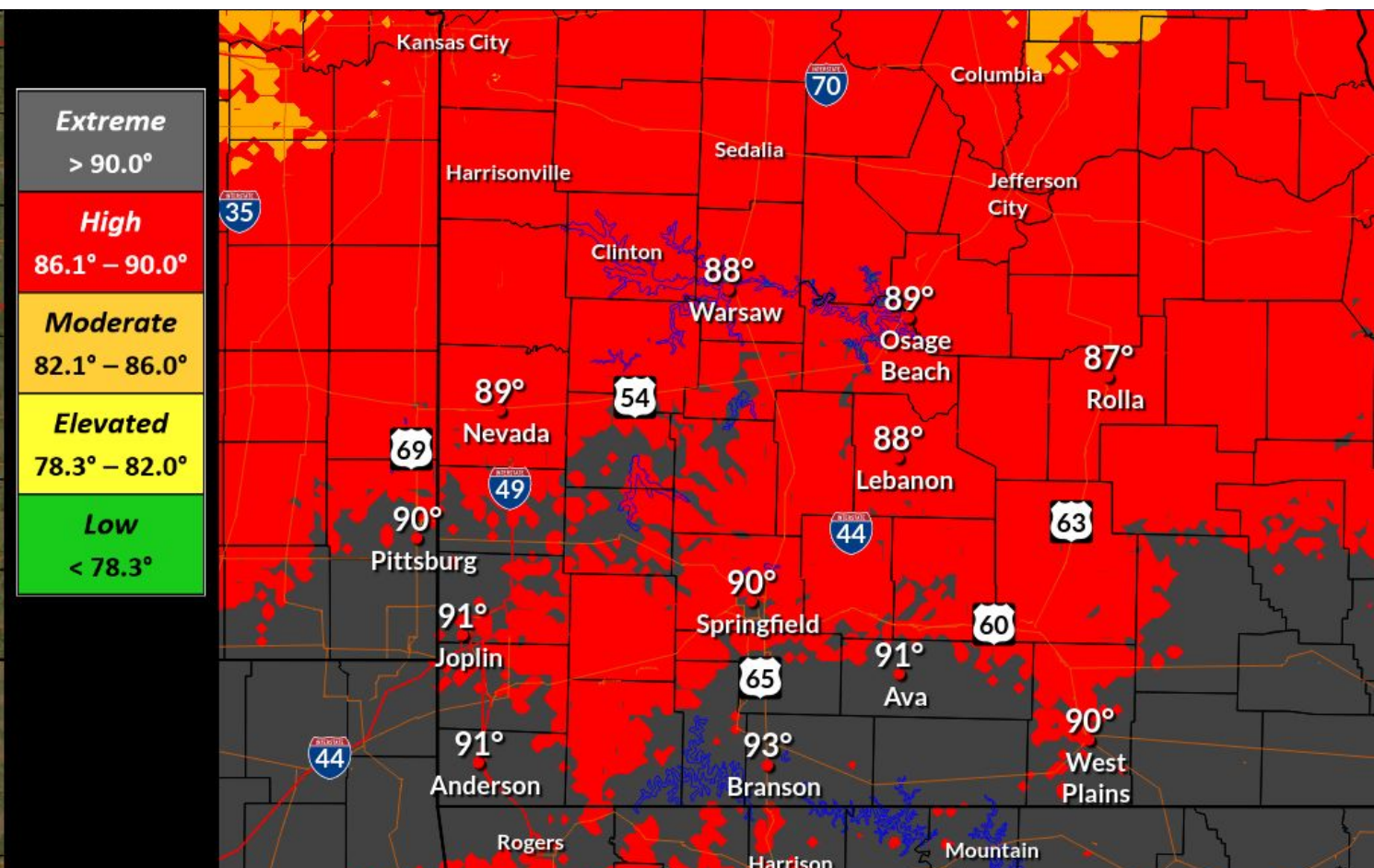
Maximum Wet Bulb Globe Temperature

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Monday - Tuesday



Maximum WBGT Monday



Maximum WBGT Tuesday





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.
<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>			

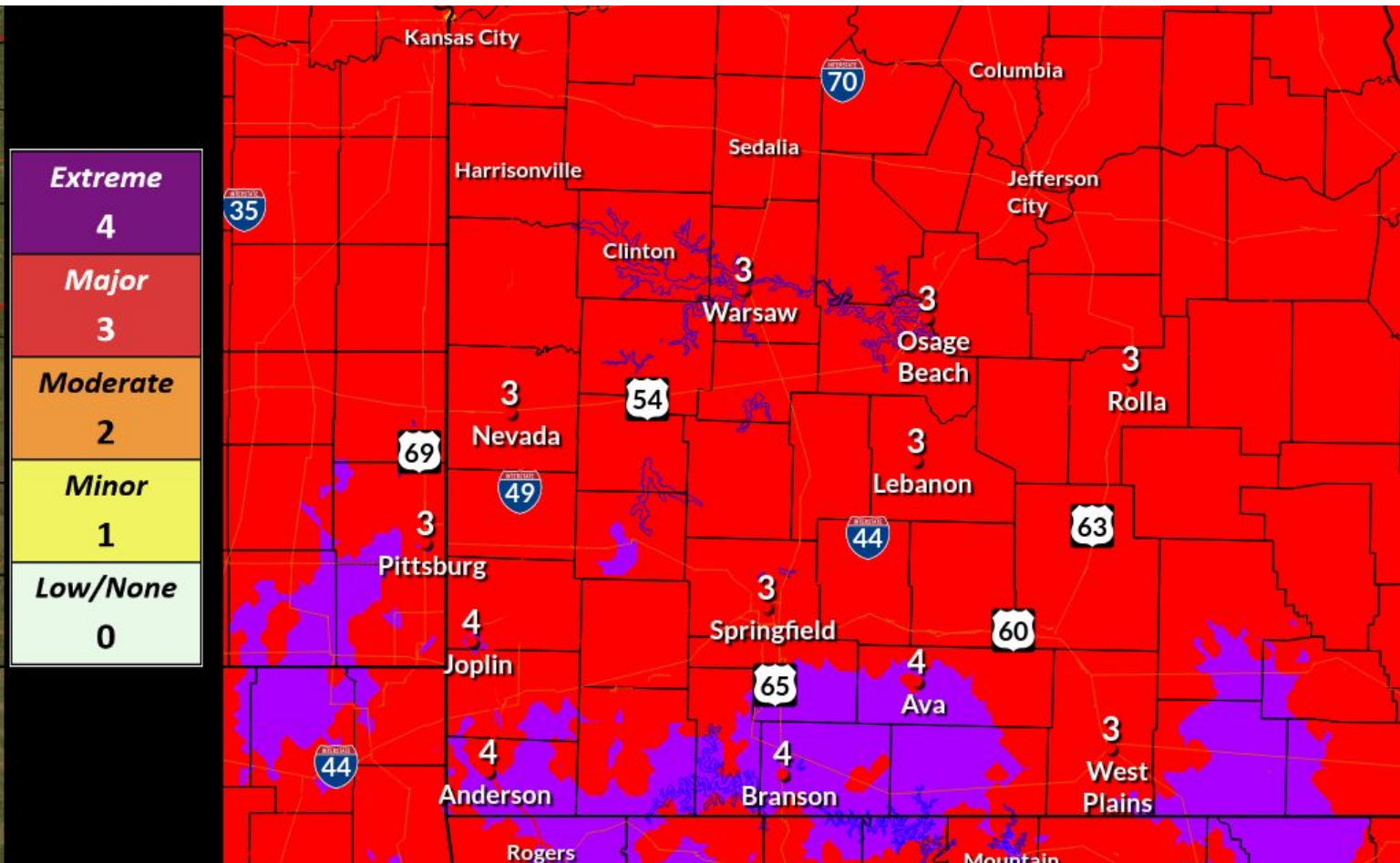




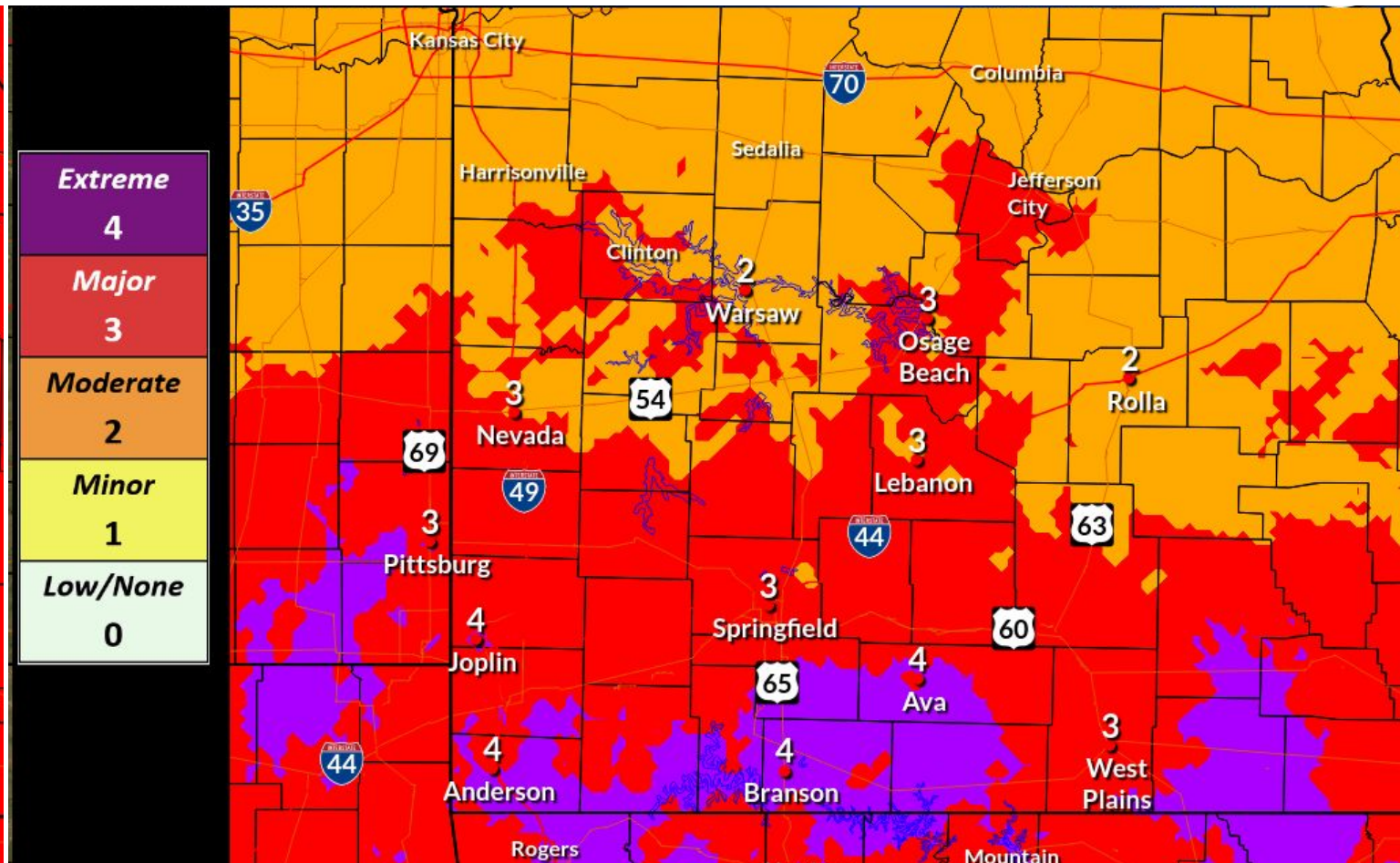
Maximum HeatRisk

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Monday - Tuesday



Maximum Heat Risk Monday



Maximum Heat Risk Tuesday





Understanding NWS HeatRisk

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.
<i>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.</i>		





Additional Details and Confidence

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Heat Index > 100

Low

Medium

High



Heat Index > 105

Low

Medium

High



Heat Index > 110

Low

Medium

High



Details

- Temperatures will warm into the middle 90s to near 100 degrees early this week.
- Heat index values of around 105 to 115 expected on Monday with values of around 100 to 110 expected on Tuesday.
- Warm overnight low temperatures will occur as lows only cool into the 70s to near 80 today through Tuesday night.
- More mixing could occur on Monday which could lower heat index values slightly. If less mixing occurs on Monday portions of the area could reach Extreme Heat Warning criteria again Monday.
- Portions of the area could see an increase in cloud cover and at least some potential for rain on Tuesday. If and where this occurs temperatures could be slightly cooler on Tuesday.
- Potential for the excessive heat to persist across portions of the area beyond Tuesday into mid week.





Heat Headline Criteria

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Heat Advisory

Use Caution

Hazardous heat will occur for at least 24 hours.

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Heat index $\geq 105^{\circ}\text{F}$

and/or

Heat index $100\text{--}104^{\circ}\text{F}$
for 4+ consecutive
days

Extreme Heat Watch

Be Prepared

Dangerous heat is possible in the next 24 hours.

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Issued 24-48 hours before:

Heat index $\geq 110^{\circ}\text{F}$

and/or

Heat index $\geq 105^{\circ}\text{F}$ for
4+ days

Extreme Heat Warning

Take Action!

Dangerous heat is occurring or expected to occur for 48+ hours.

.....

Heat index $\geq 110^{\circ}\text{F}$

and/or

Heat index $\geq 105^{\circ}\text{F}$
for 4+ consecutive days

with consideration of nighttime
temperatures around 75°F or
higher

due to accentuated impacts from elevated
nighttime temperatures





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
ACT FAST • Move to a cooler area • Loosen clothing • Sip cool water • Seek medical help if symptoms don't improve	ACT FAST CALL 911 • Move person to a cooler area • Loosen clothing and remove extra layers • Cool with water or ice
Symptoms: - Dizziness - Thirst - Heavy Sweating - Nausea - Weakness	Symptoms: - Confusion - Dizziness - Becomes Unconscious
	
<i>Heat exhaustion can lead to heat stroke.</i>	
<i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i>	



Stay Cool, Stay Hydrated, Stay Informed!



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

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

National Weather Service
Springfield, MO