Prolonged Heat this Week

July 1, 2026
4:23 AM

Heat Advisory through Friday

Key Messages

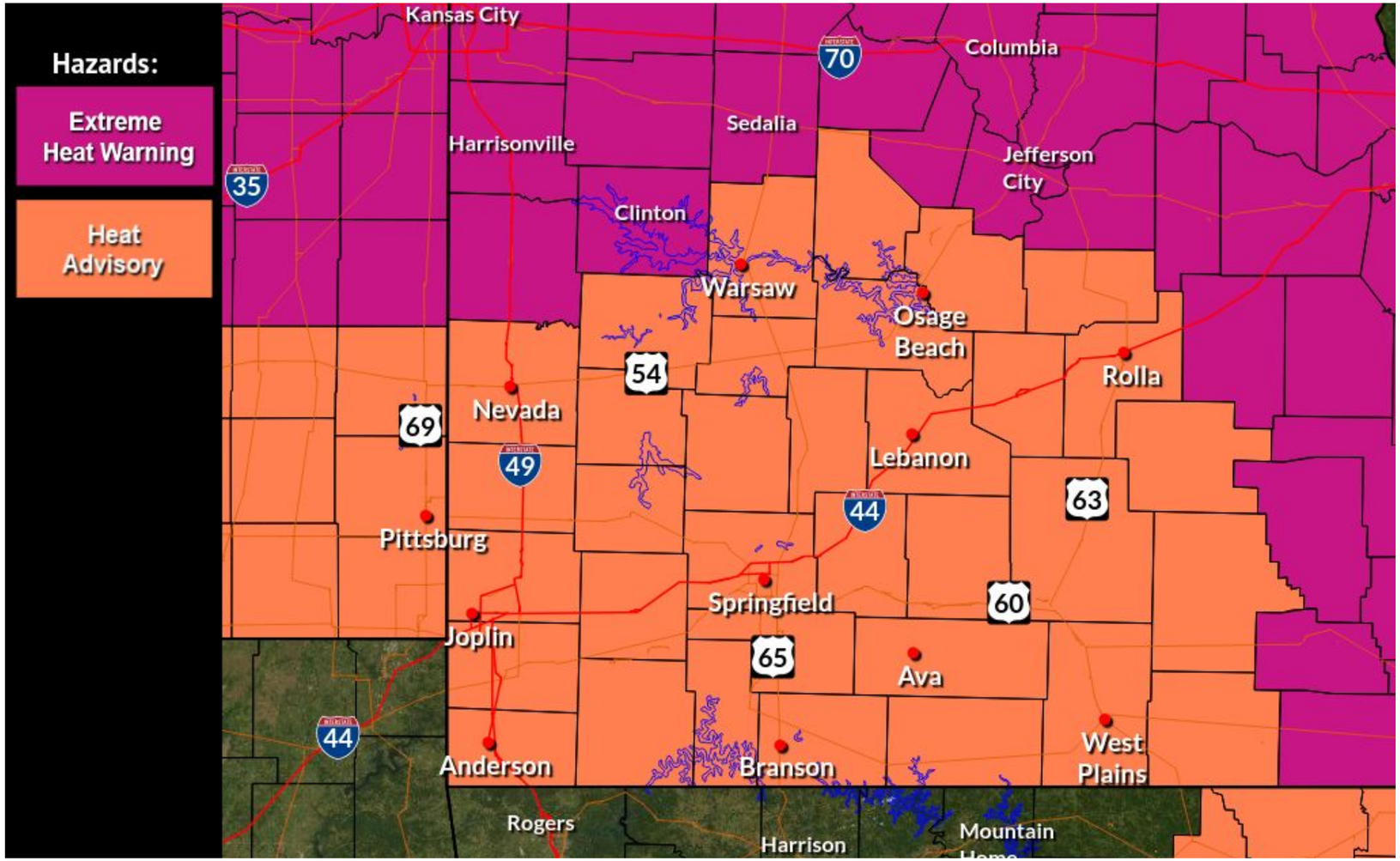
- Heat Advisory remains in effect for the entire area through Friday evening.
- Daily heat indices of around 100-105 degrees.
- Warm overnight lows in the 70s.

NEW Important Updates

- Refreshed Heat Index, WBGT, and HeatRisk maps.

Next Scheduled Briefing

- By Thursday Morning



Heat Headlines

Daily Heat Index

July 1, 2026
4:23 AM

Forecast Confidence Levels

Heat Index > 95

Low	Medium	**High**

Heat Index > 100

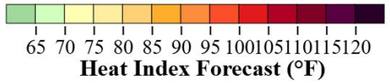
Low	**Medium**	High

Heat Index > 105

Low	Medium	High

Heat Index (°F) Forecast

	7/1 Wed							7/2 Thu								7/3 Fri							
	3am	6am	9am	12pm	3pm	6pm	9pm	12am	3am	6am	9am	12pm	3pm	6pm	9pm	12am	3am	6am	9am	12pm	3pm	6pm	9pm
Bolivar	77	74	79	96	100	100	85	79	76	74	79	99	105	102	89	78	76	74	86	98	103	101	89
Branson	75	73	84	98	101	100	90	83	76	75	87	102	105	105	90	85	77	74	89	101	102	102	93
Fort Leonard Wood	75	74	79	91	98	98	88	83	77	75	86	98	101	101	89	84	77	75	89	96	99	99	88
Joplin	78	76	84	94	100	99	89	83	77	74	85	98	102	101	92	84	78	75	87	98	101	102	92
Lebanon	76	74	78	93	96	96	86	79	76	74	84	97	100	98	86	78	76	75	87	95	99	98	87
Monett	75	74	79	92	95	94	85	77	75	73	79	94	98	97	87	77	75	73	84	94	96	95	86
Mountain Grove	75	73	78	91	96	95	83	77	75	73	79	98	101	96	85	78	75	73	86	95	97	97	84
Nevada	77	75	79	94	99	99	89	79	78	74	79	97	101	102	93	84	77	75	86	98	101	101	90
Osage Beach	78	76	84	94	100	102	93	87	79	77	87	101	105	105	94	86	79	78	90	101	103	105	94
Pittsburg, KS	78	76	79	94	99	99	89	83	77	74	79	98	101	102	93	84	78	75	86	98	102	102	91
Rolla	77	74	83	93	97	96	89	85	78	76	86	97	98	99	89	79	77	75	88	96	97	98	87
Springfield	77	74	79	94	98	97	88	83	76	74	79	98	102	101	89	79	76	74	86	97	100	98	88
Warsaw	79	76	79	96	101	102	90	83	79	76	86	101	103	105	96	86	78	76	89	99	103	106	94
West Plains	75	73	84	95	98	99	87	78	76	74	85	99	102	99	86	76	74	74	88	96	97	97	87



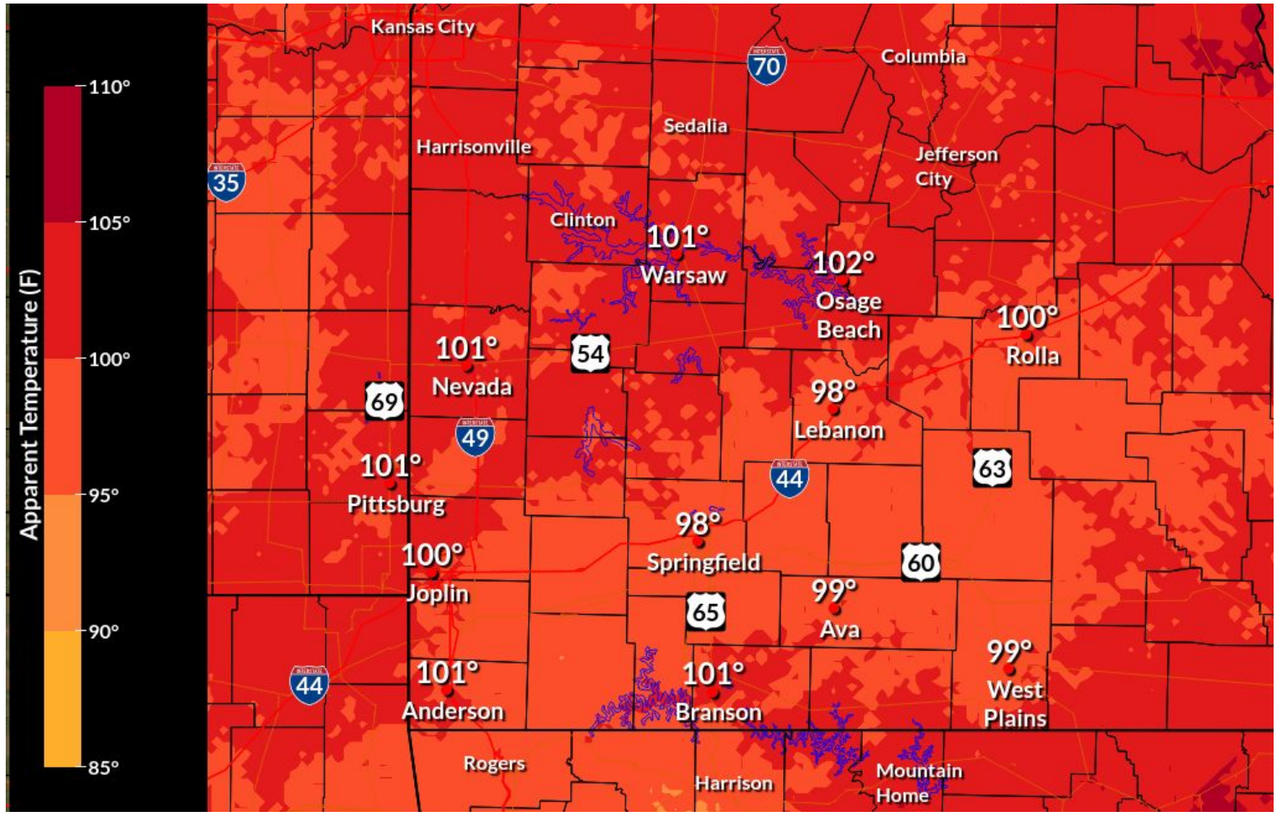
National Oceanic and Atmospheric Administration
U.S. Department of Commerce

National Weather Service
Springfield, MO

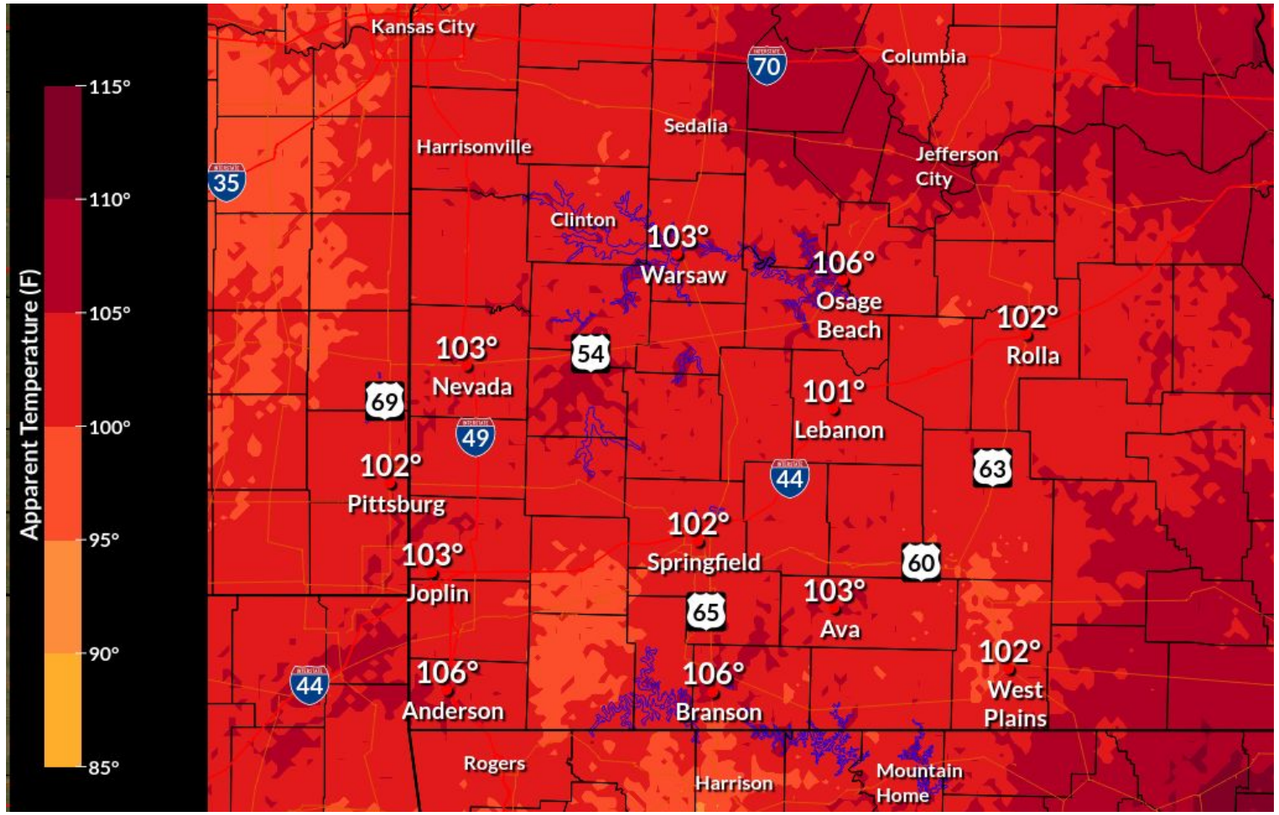
Heat Index Tuesday and Wednesday

July 1, 2026
4:23 AM

100 - 105 degrees



Heat Index Today



Heat Index Thursday

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Heat Index Thursday and Friday

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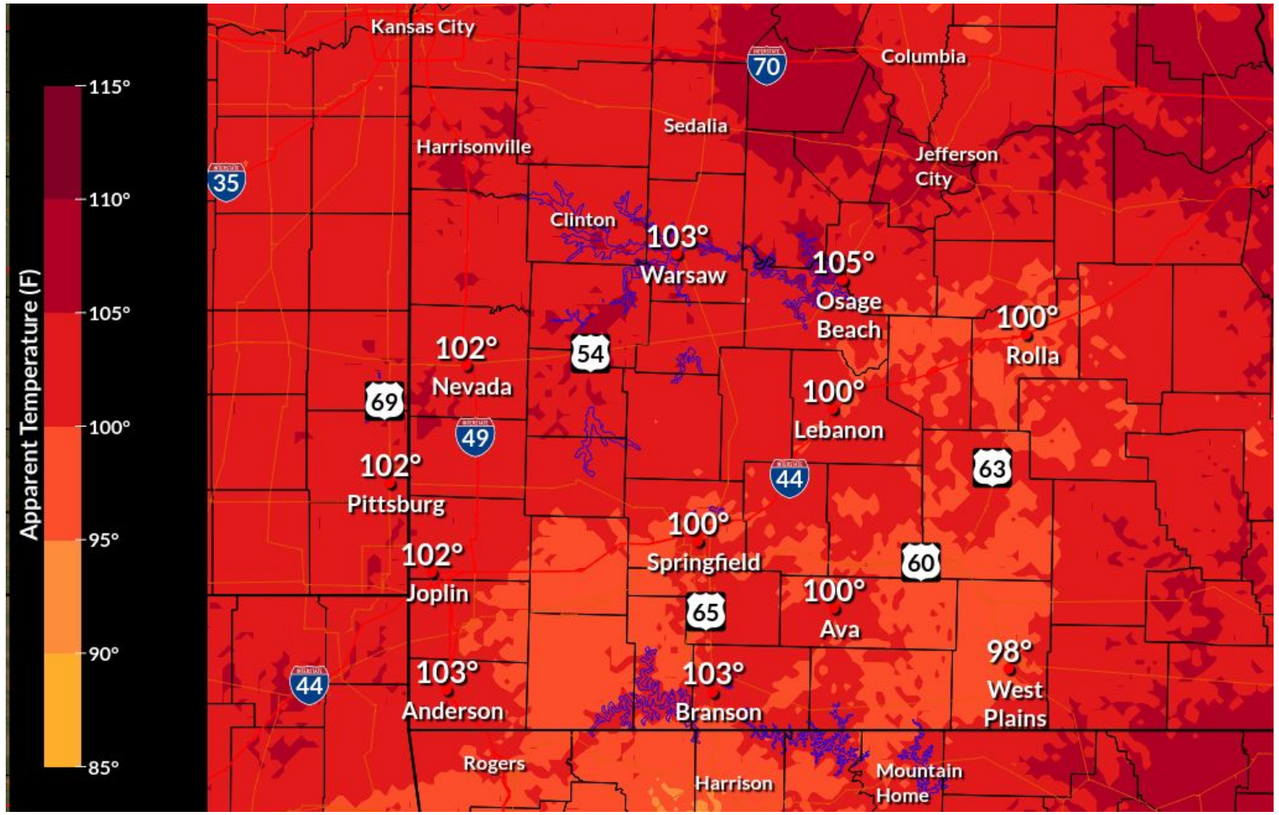
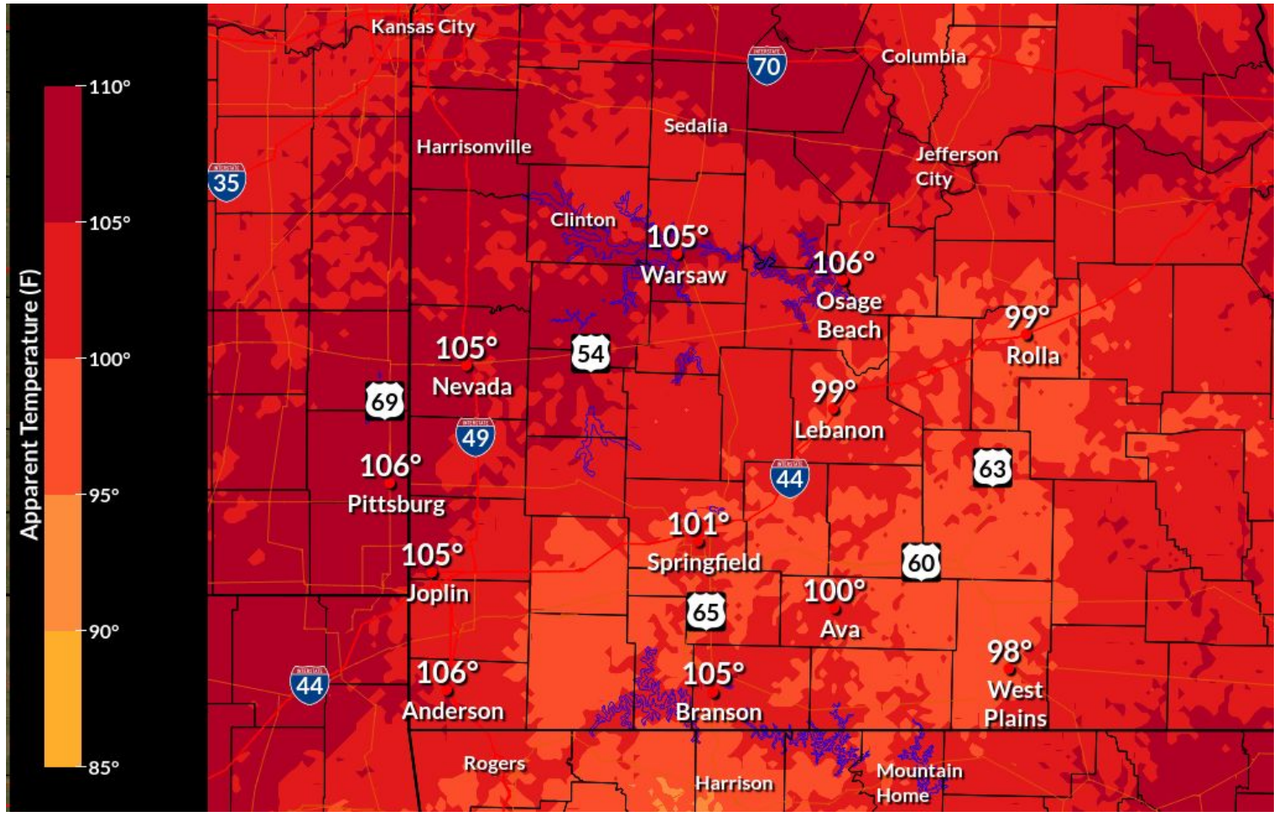
100 - 105 degrees



Heat Index Friday



Heat Index Saturday

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Wet Bulb Globe Temperature Forecast

July 1, 2026
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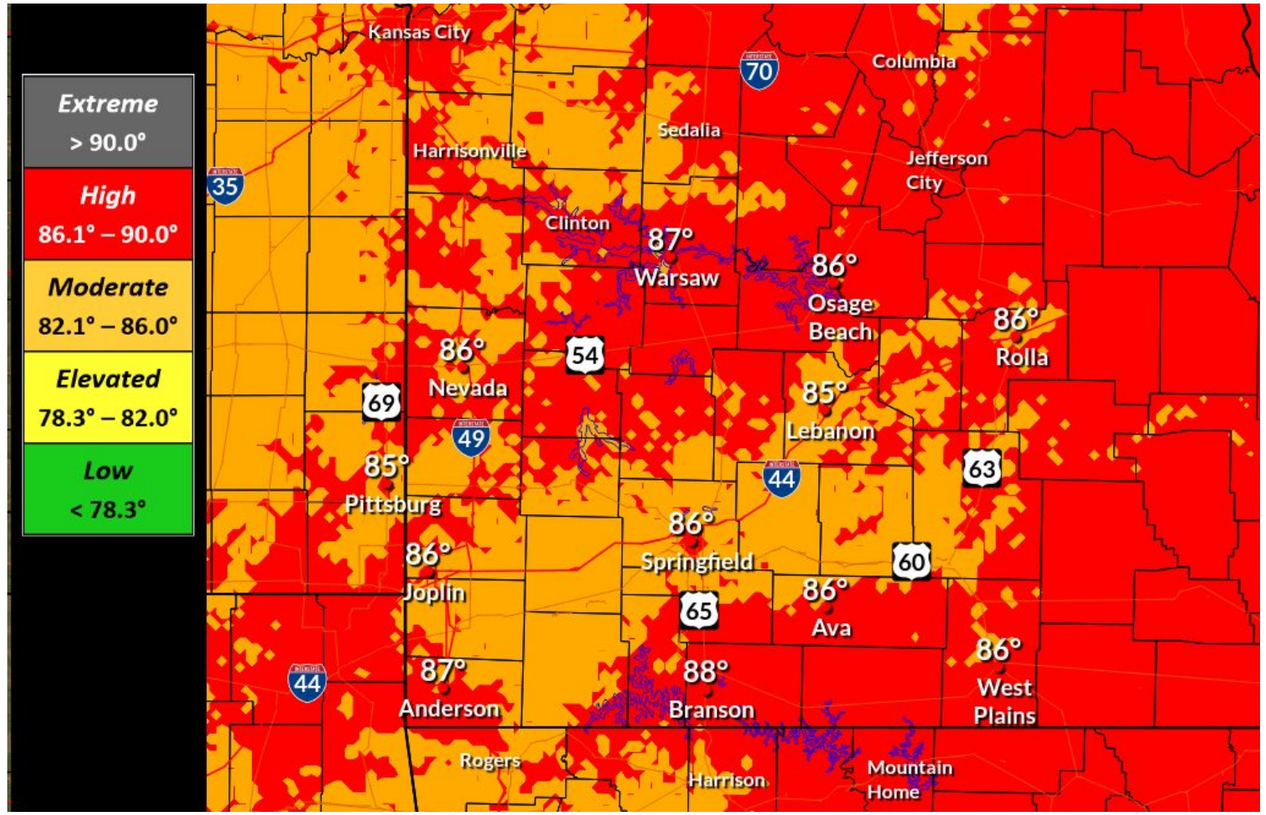
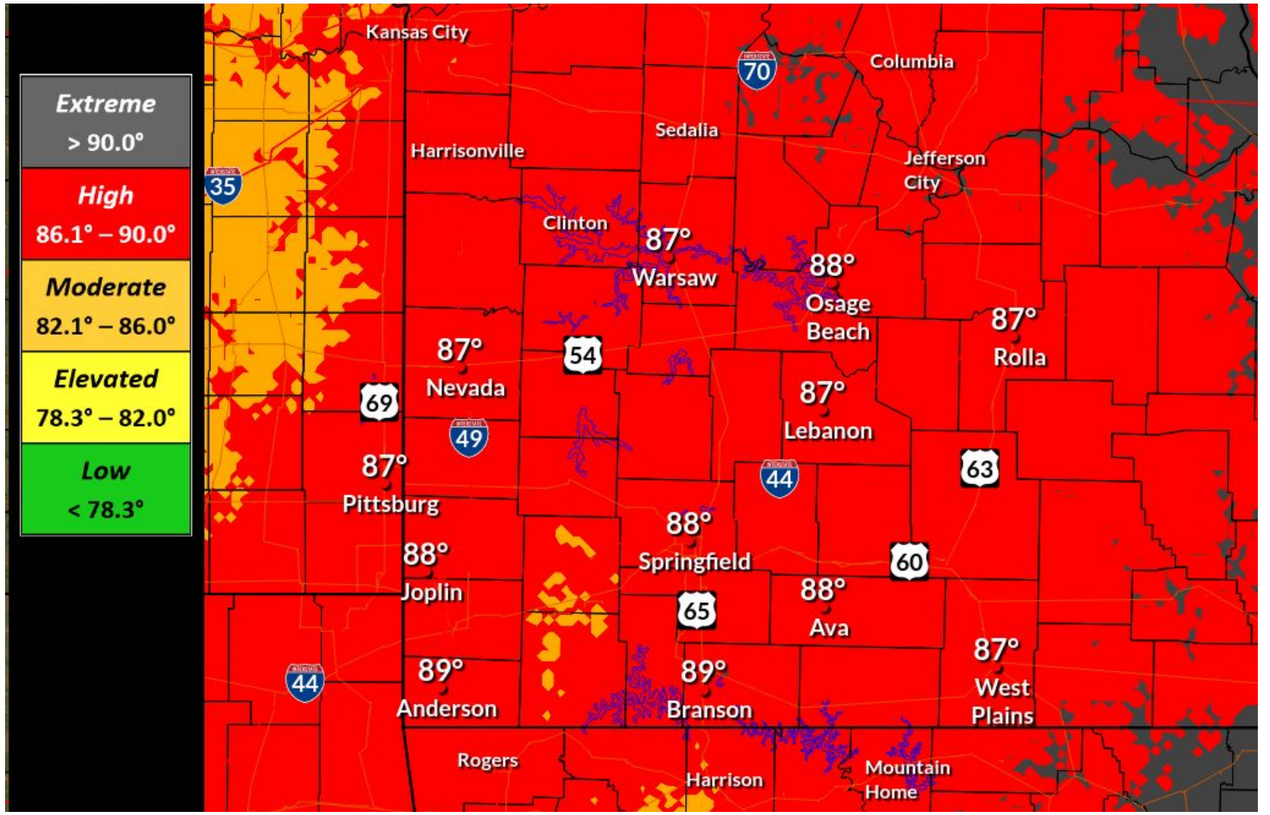
Tuesday and Wednesday



Maximum WBGT Today



Maximum WBGT Thursday

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Wet Bulb Globe Temperature Forecast

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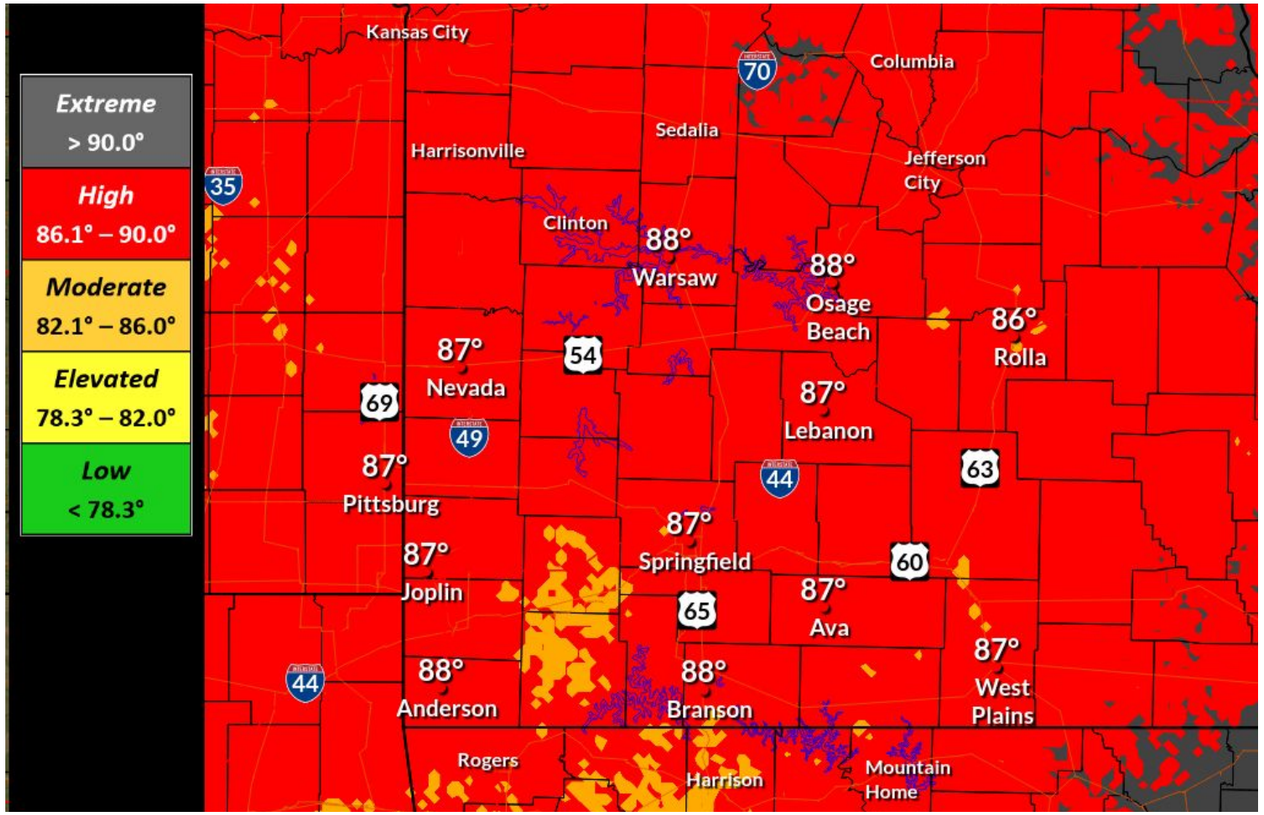
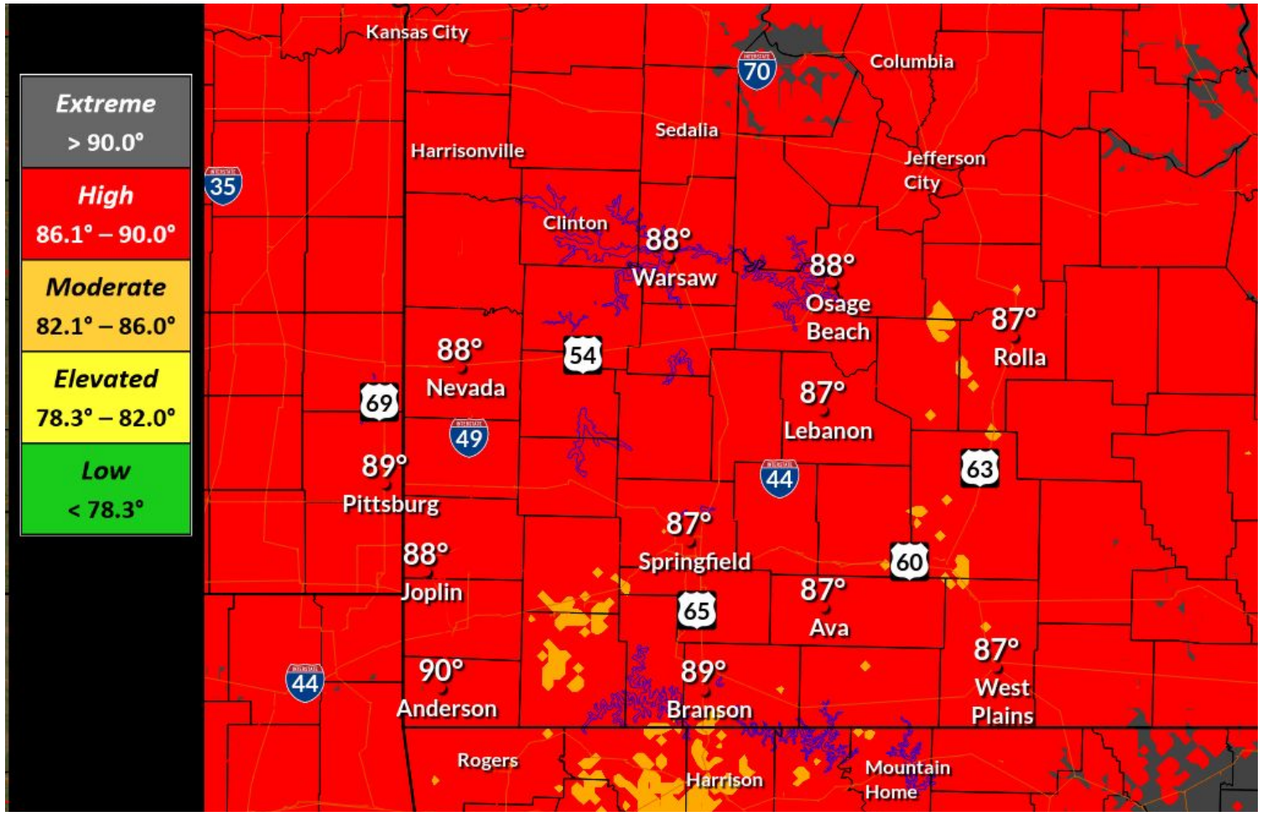
Thursday and Friday



Maximum WBGT Friday



Maximum WBGT Saturday

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NWS HeatRisk Forecast Tuesday and Wednesday

July 1, 2026
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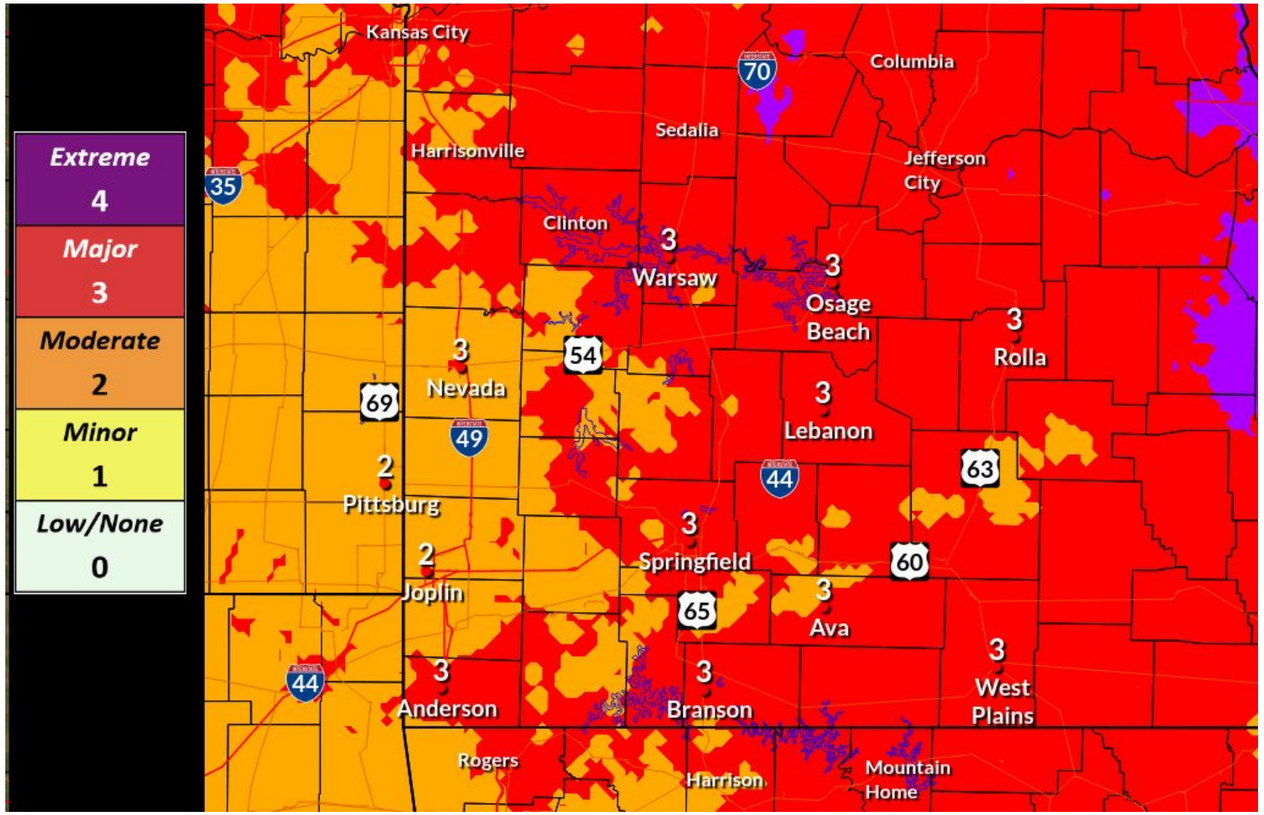
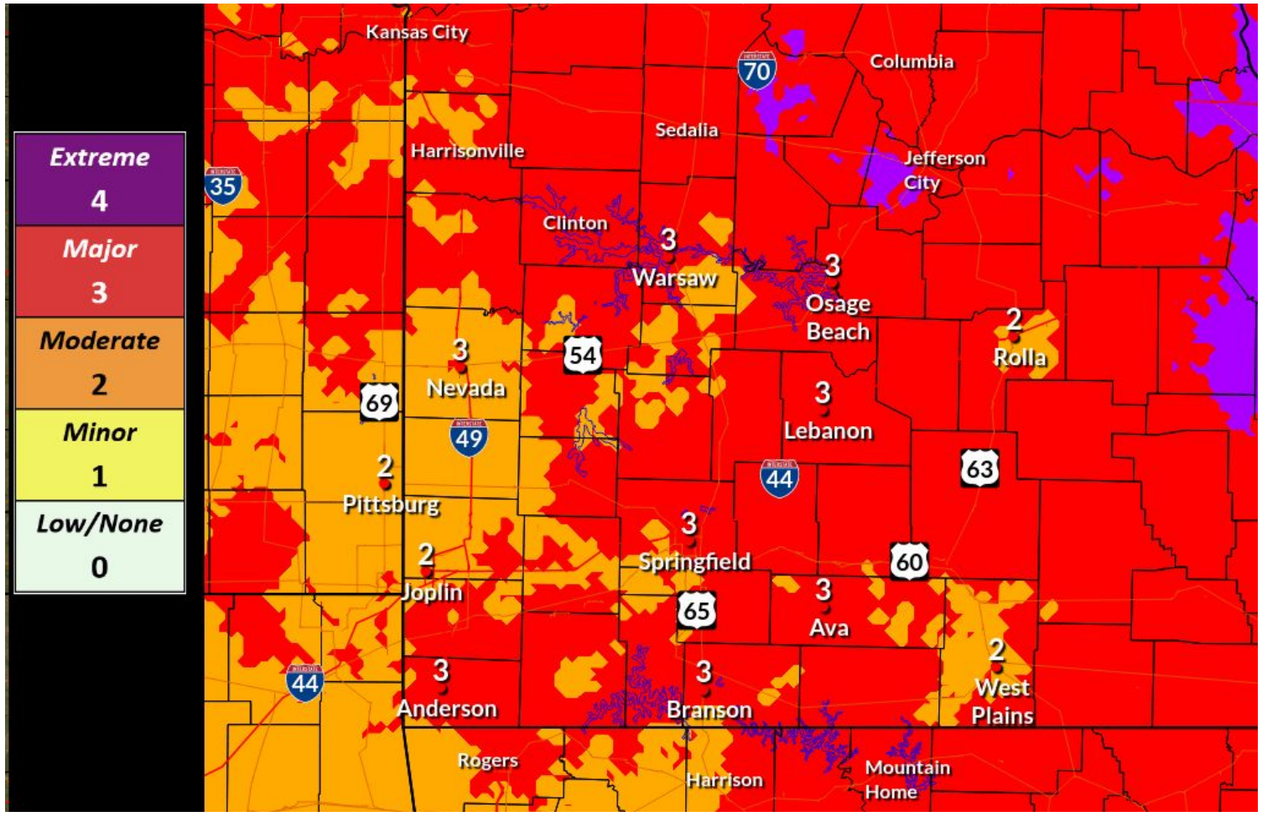


HeatRisk Today



HeatRisk Thursday

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Springfield, MO

NWS HeatRisk Forecast Thursday and Friday

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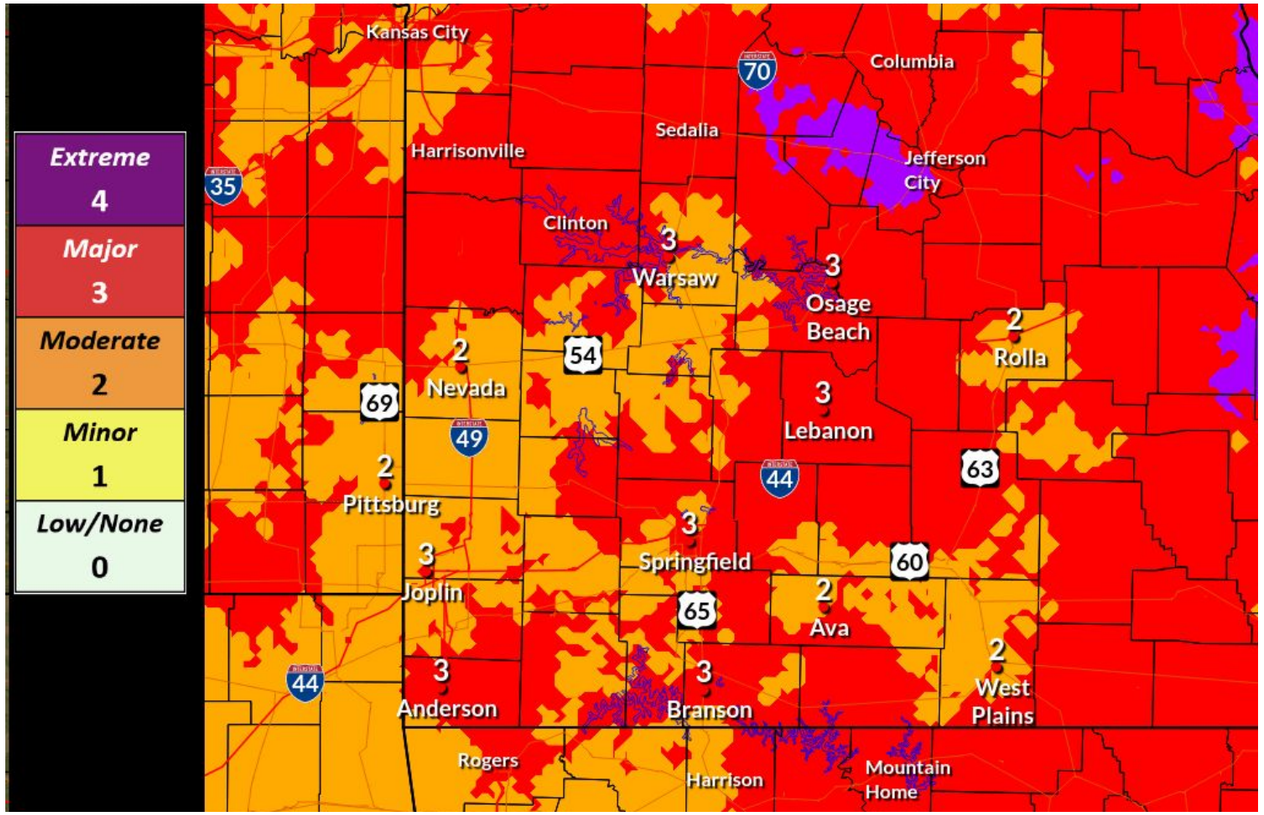
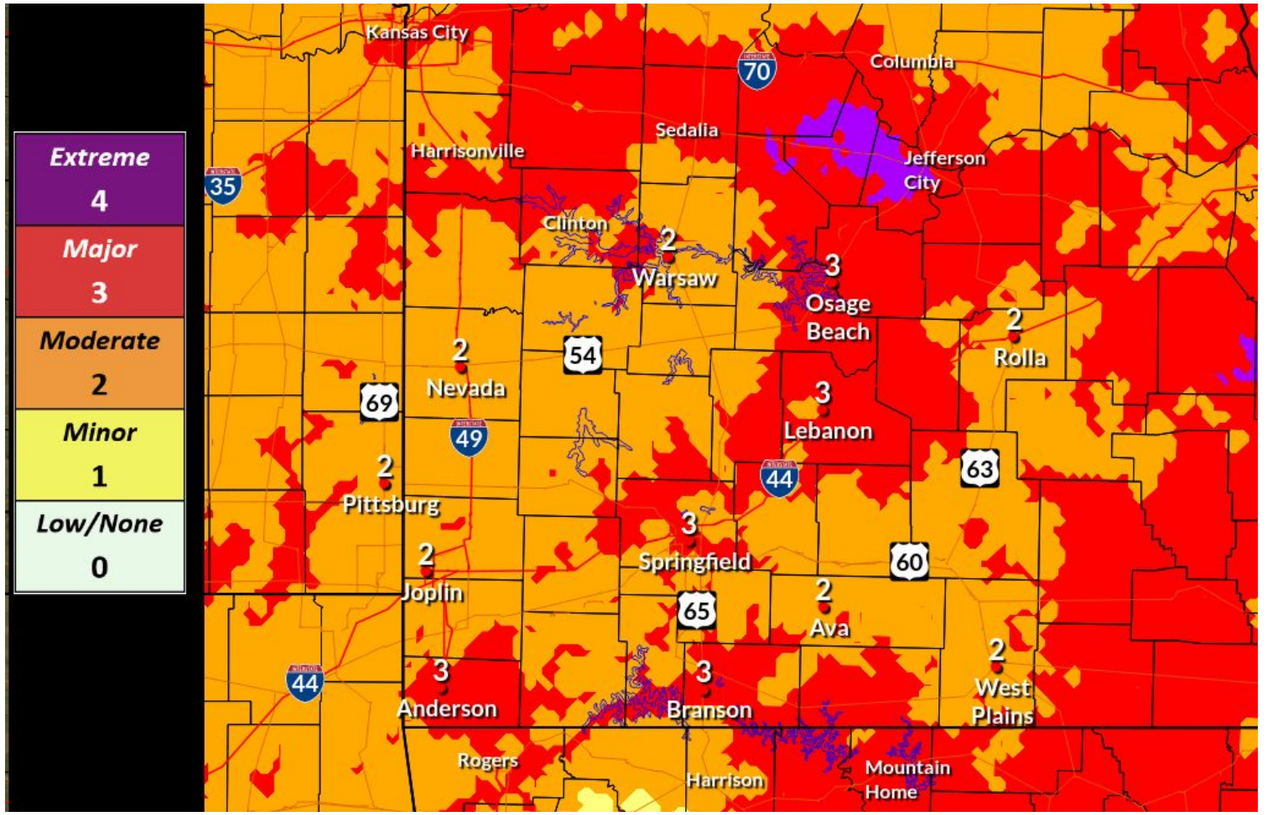


HeatRisk Friday



HeatRisk Saturday

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Hot through the Holiday Weekend

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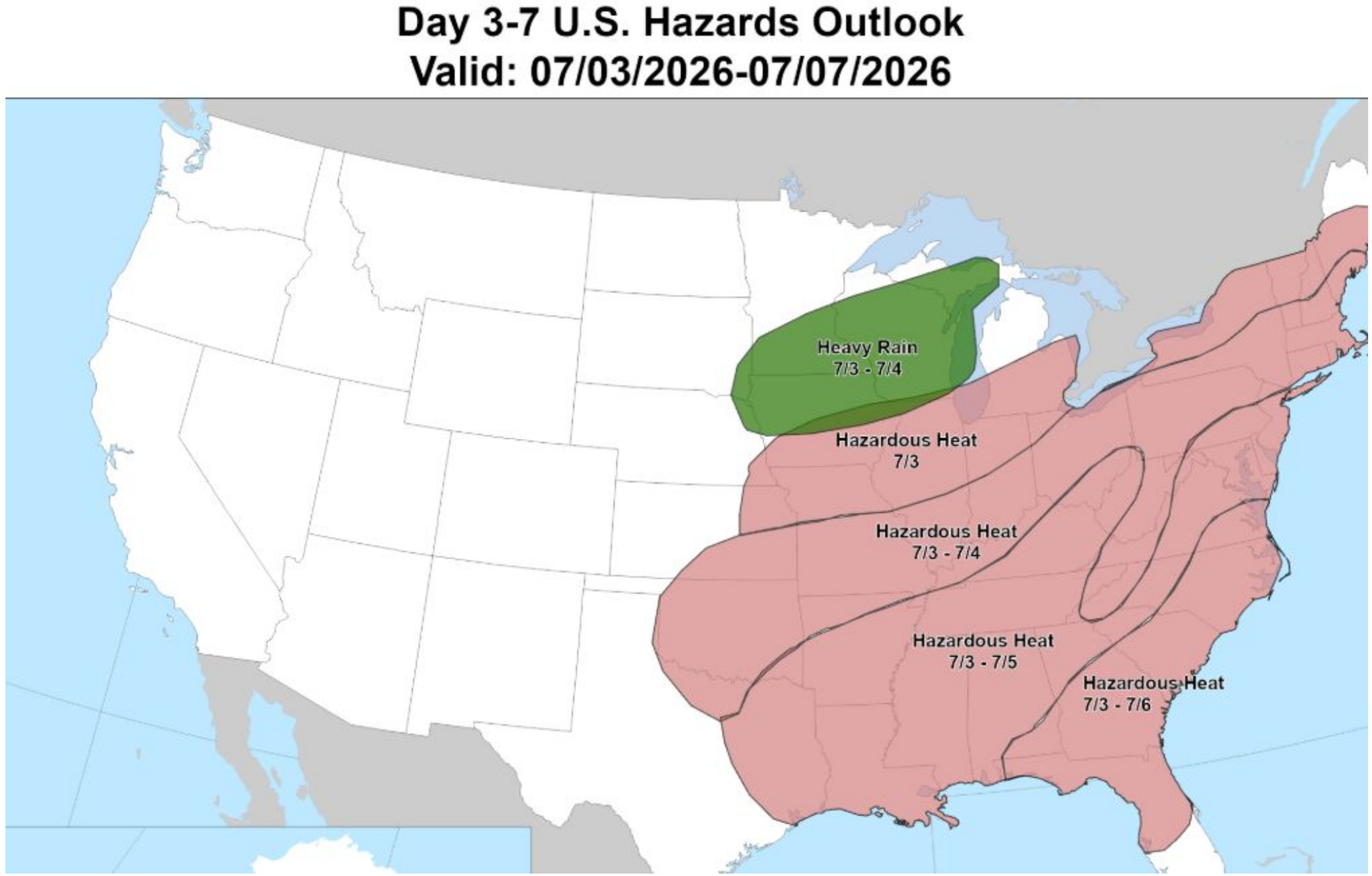
4:23 AM

Overview

- Excessive heat may 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.



Understanding Heat Index

July 1, 2026
4:23 AM

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.

Understanding Wet Bulb Globe Temperatures

July 1, 2026
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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.

Wet Bulb Globe Temperature (WGBT) 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.

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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