



Heat Advisory

Today and Tuesday

July 20, 2026

1:35 PM

Key Messages

- Heat Advisory in effect for the entire area until 7 PM Tuesday.
- Heat index values between 100 to 110+ degrees each day.
- Warm overnight lows in the middle 70s to near 80 degrees tonight into Tuesday morning.
- Tuesday will be the hotter day for most.

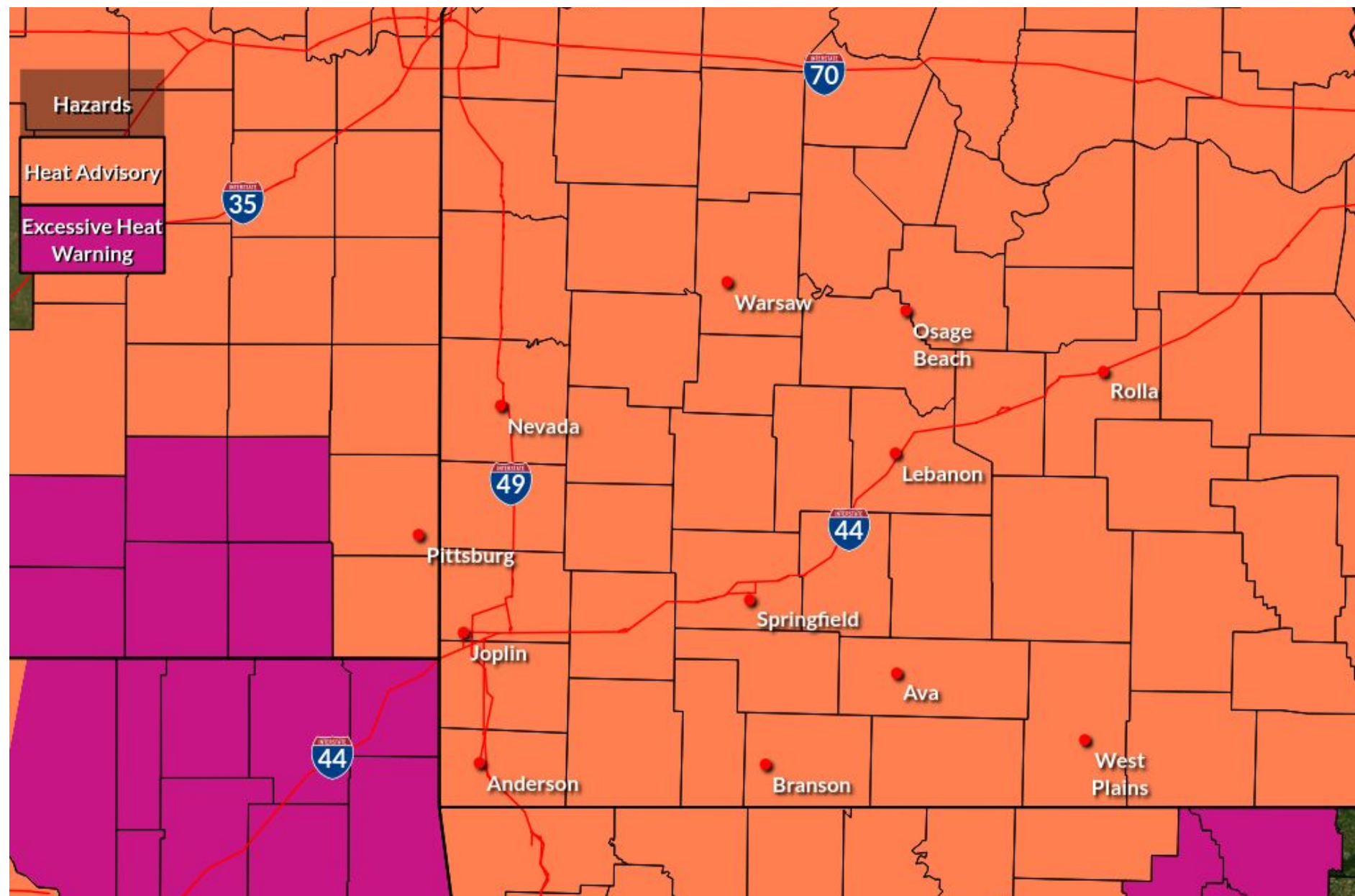
NEW

Important Updates

- Increased Heat Index values by a couple degrees.

Next Scheduled Briefing

- Likely the last issuance



Heat Headlines



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

National Weather Service
Springfield, MO



Daily Heat Index

Higher Confidence on Tuesday

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Heat Index > 100



Heat Index > 105

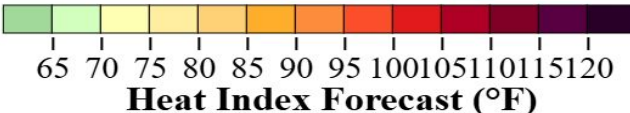


Heat Index > 110



Heat Index (°F) Forecast

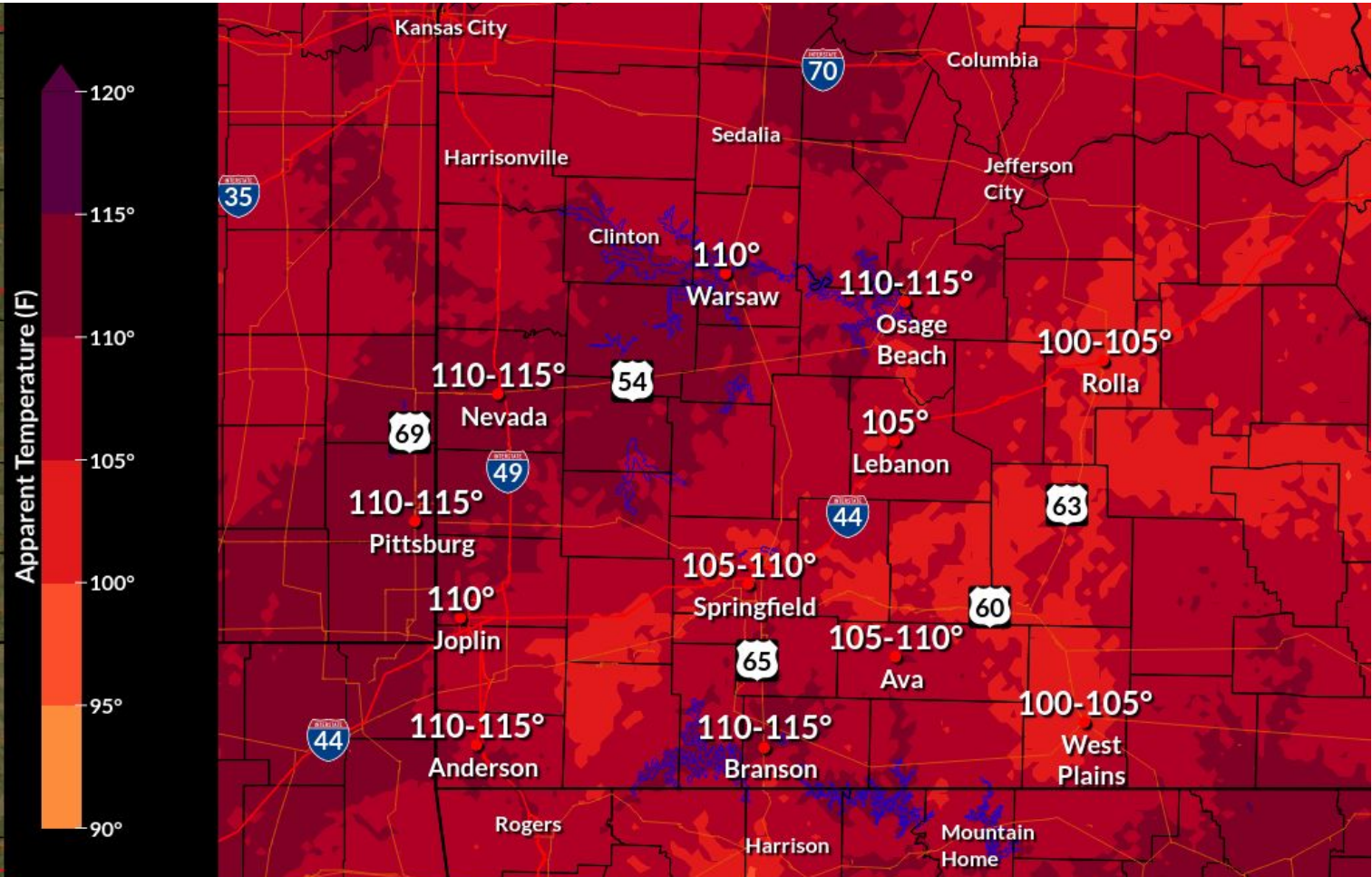
	7/20 Mon				7/21 Tue						
	12pm	3pm	6pm	9pm	12am	3am	6am	9am	12pm	3pm	6pm
Bolivar	108	109	110	94	86	82	78	91	106	109	102
Branson	109	113	114	98	89	79	77	95	112	115	113
Fort Leonard Wood	102	105	103	90	85	78	76	90	103	104	97
Joplin	103	109	110	97	90	84	78	92	107	112	108
Lebanon	103	105	105	90	84	79	77	91	103	103	97
Monett	99	102	103	91	84	78	76	90	102	106	103
Mountain Grove	98	101	100	85	78	76	74	88	103	104	100
Nevada	106	110	109	95	89	85	79	91	103	104	100
Osage Beach	104	108	109	99	89	86	83	94	105	102	98
Pittsburg, KS	106	111	110	98	90	85	79	91	106	108	106
Rolla	98	102	101	91	84	78	77	88	100	100	93
Springfield	104	107	108	94	86	79	77	90	107	108	103
Warsaw	107	113	112	99	90	86	83	91	103	103	99
West Plains	101	102	101	87	82	77	75	90	103	107	104



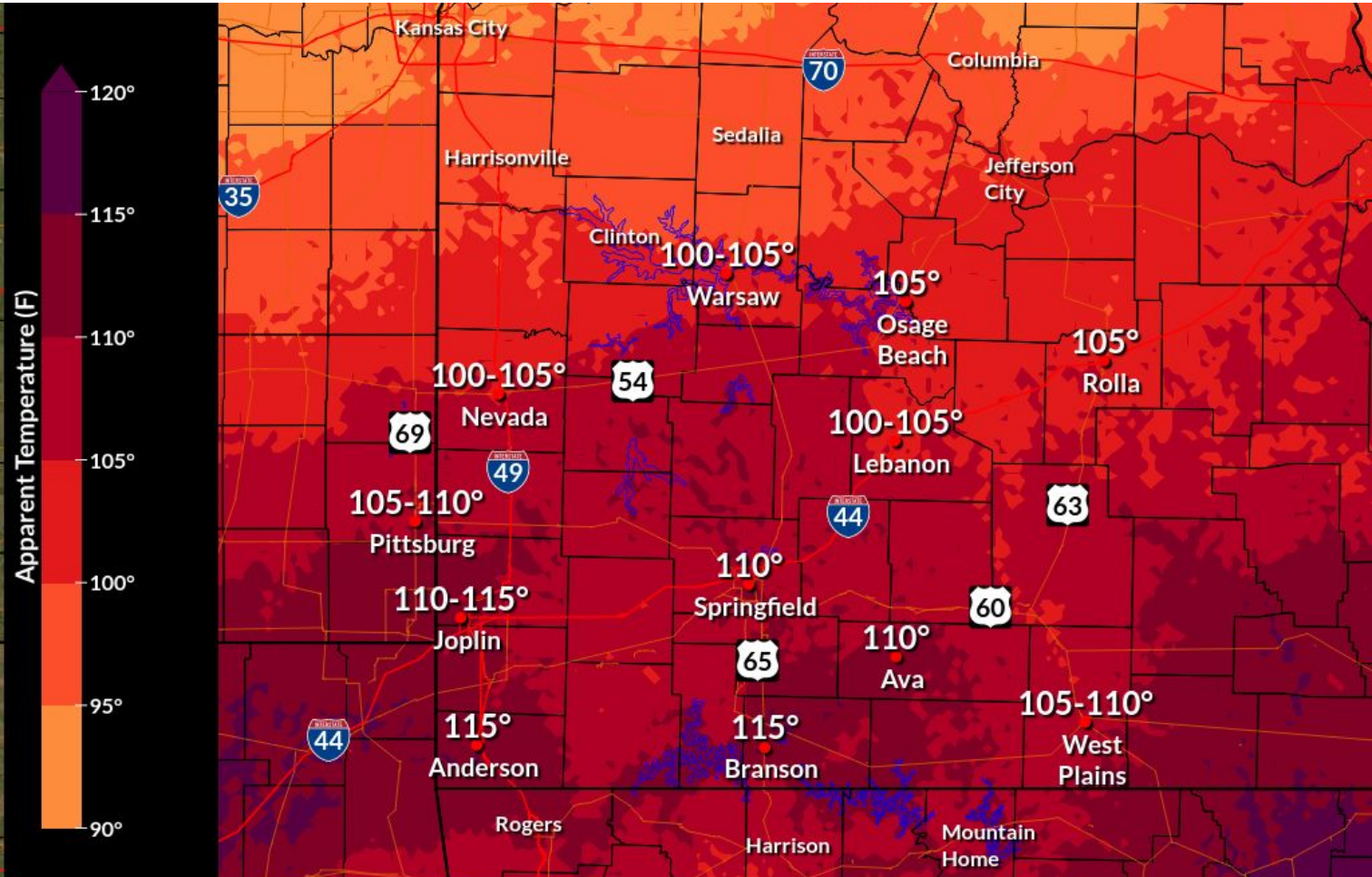


Heat Index Forecast

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Heat Index Values - Rest of Today



Heat Index Values Tuesday





Understanding Heat Index

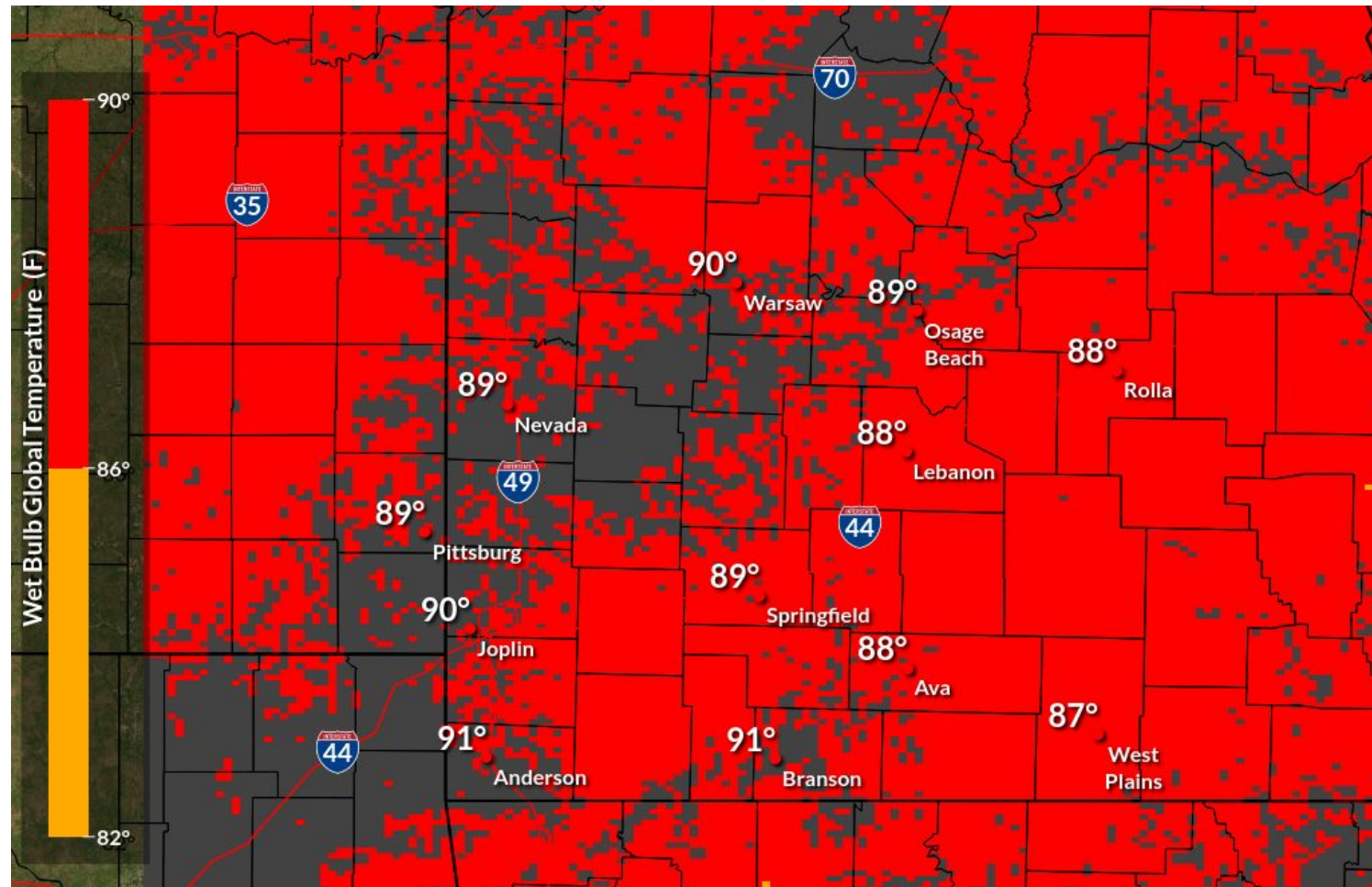
Heat Index		
Classification	Heat Index (°F)	Effect on the Body
Caution	80 to 89	Fatigue possible with prolonged exposure and/or physical activity.
Extreme Caution	90 to 102	Heat stroke, heat cramps or heat exhaustion possible with prolonged exposure and/or physical activity.
Danger	103 to 124	Heat cramps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



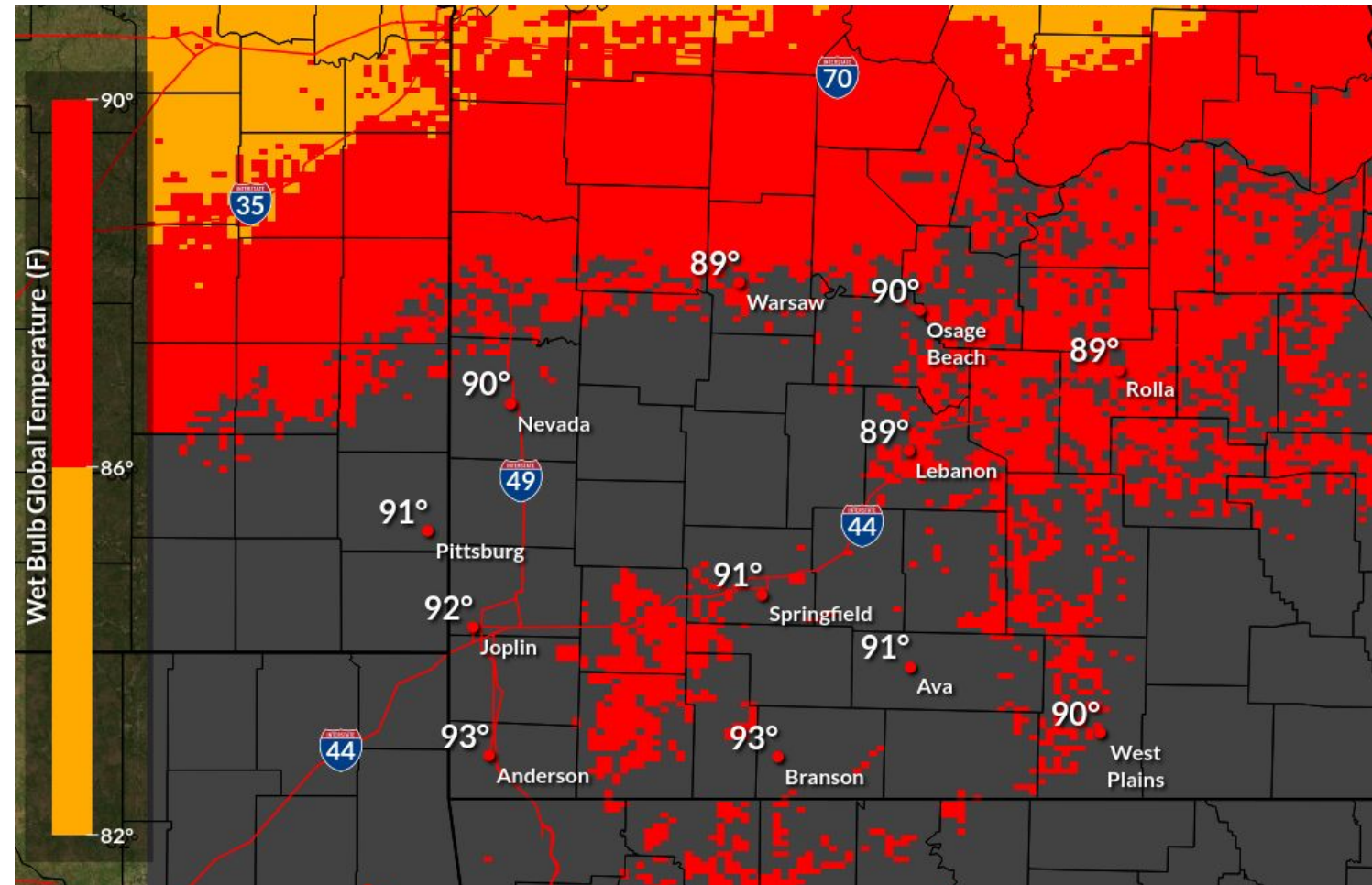


Wet Bulb Globe Temperature Forecast

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Maximum WBGT - Rest of Today



Maximum WBGT Tuesday





Understanding Wet Bulb Globe Temperatures

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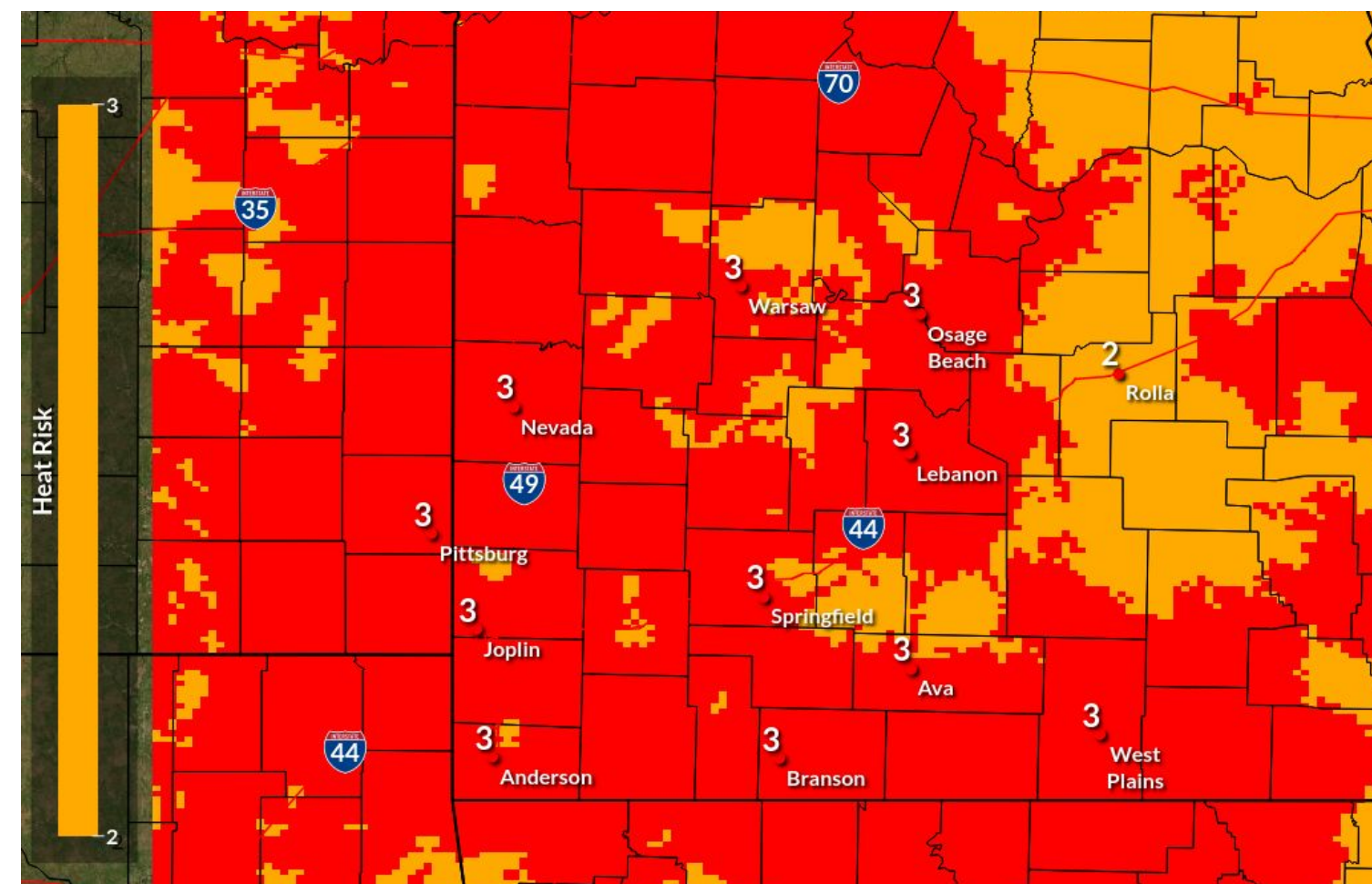
Wet Bulb Globe Temperature (WBGT)			
Threat Level	WBGT (°F)	Effects	Call to Actions
Low	< 78.3	Normal activities.	Take at least 3-5 minutes of breaks each hour if working or exercising in direct sunlight.
Elevated	78.3 – 82.0	Working or exercising in direct sunlight will stress your body after 45 minutes.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



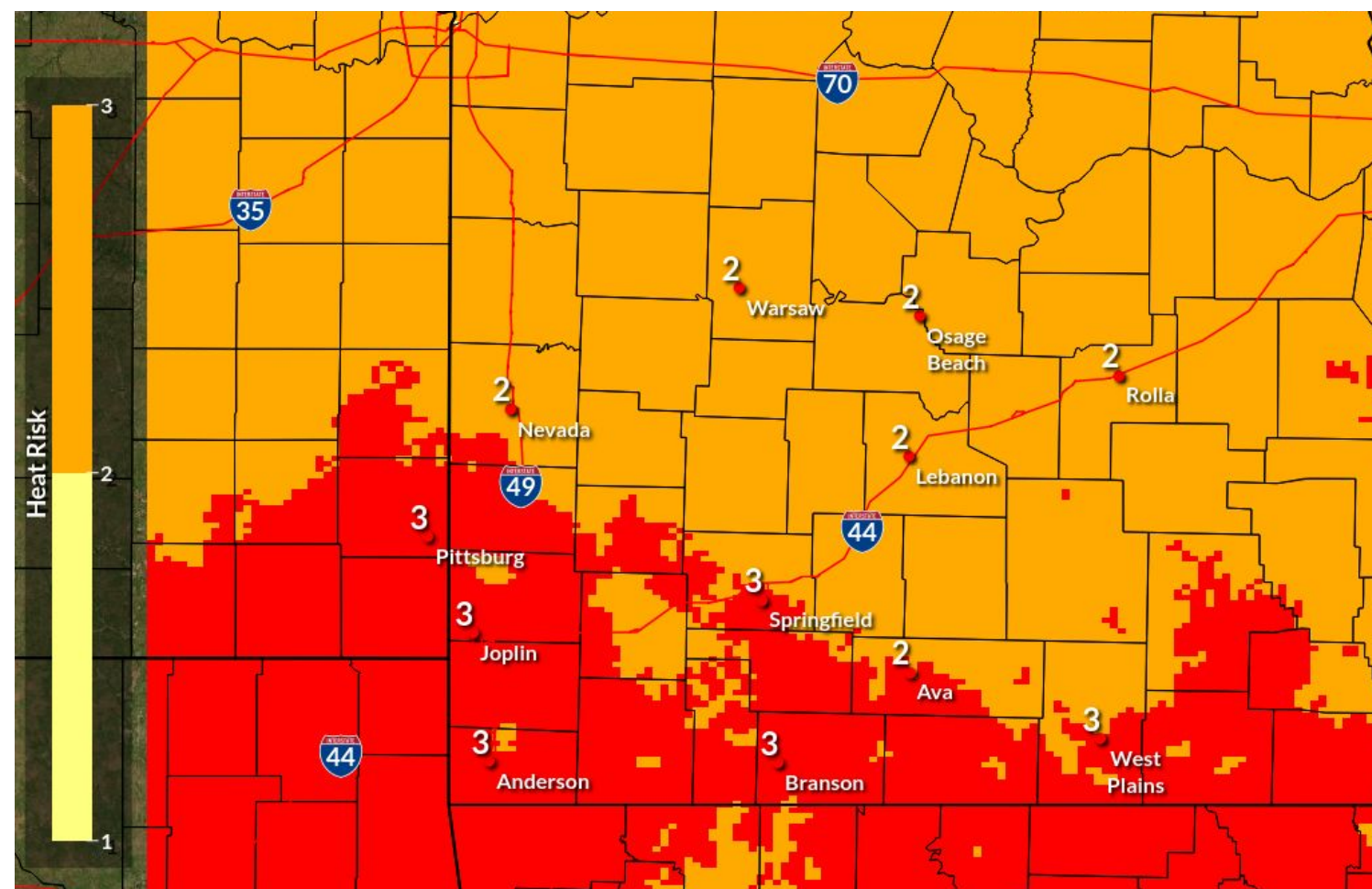


NWS HeatRisk Forecast

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HeatRisk - Rest of Today



HeatRisk 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 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

ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

Dizziness
Thirst
Heavy Sweating
Nausea
Weakness



Heat Stroke

ACT FAST

CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Confusion
Dizziness
Becomes Unconscious

Heat exhaustion can lead to heat stroke.

Heat stroke can cause death or permanent disability if emergency treatment is not given.



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

weather.gov



National Oceanic and
Atmospheric Administration
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