



Extreme Heat This Week

August 31, 2026
3:00 AM

Heat Advisory in Effect Monday - Friday



Key Messages

- **Heat Advisory** in effect 12 pm Monday through 8 pm Friday.
- Daily highs in the middle/upper 90s to low 100s.
Maximum heat index values around 100 to 105°+.
- Minimal overnight relief with lows in the middle to upper 70s.



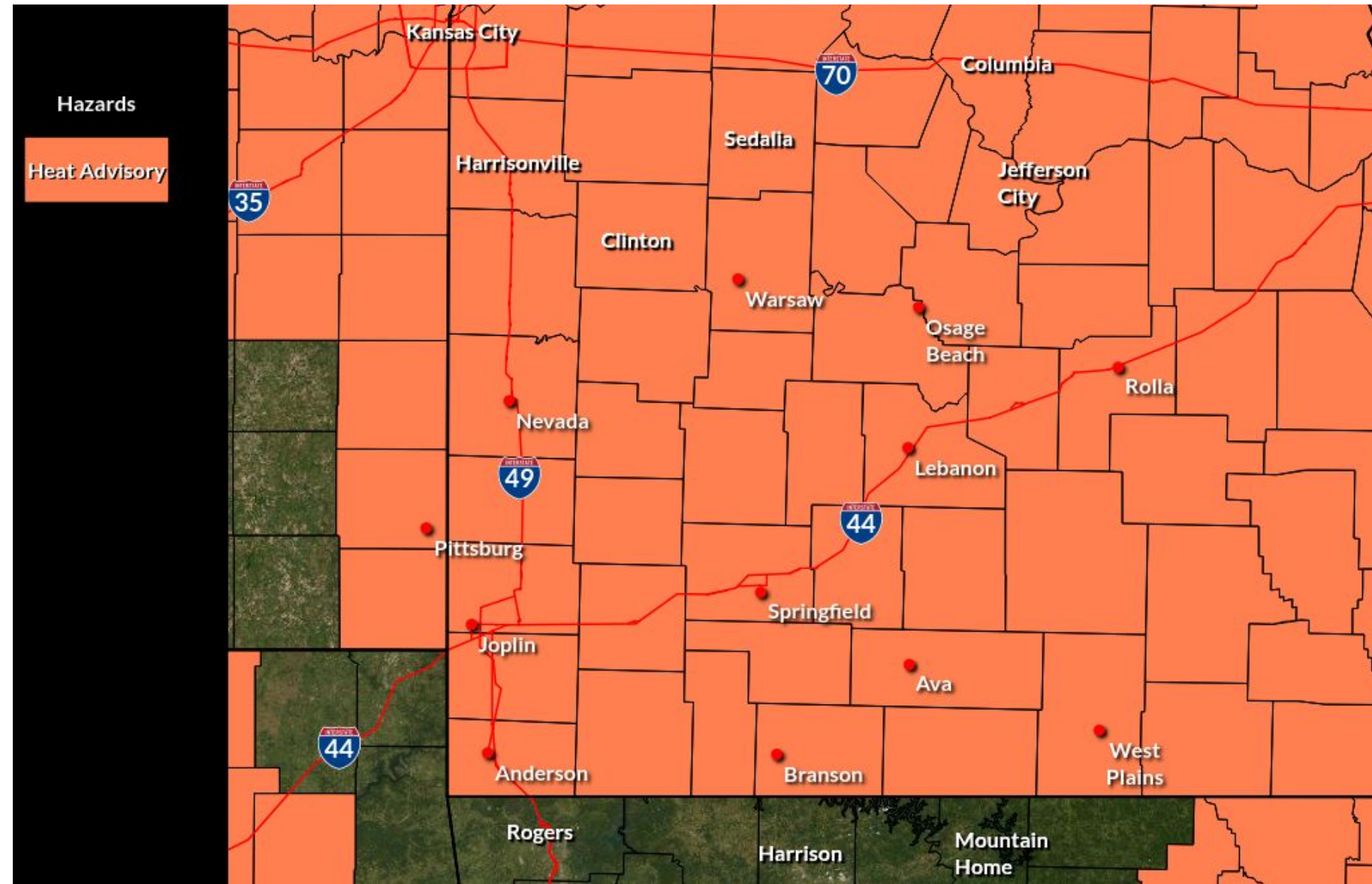
Important Updates

- Converted Extreme Heat Watch into a Heat Advisory.



Next Scheduled Briefing

- This afternoon or as needed.



Heat Advisory



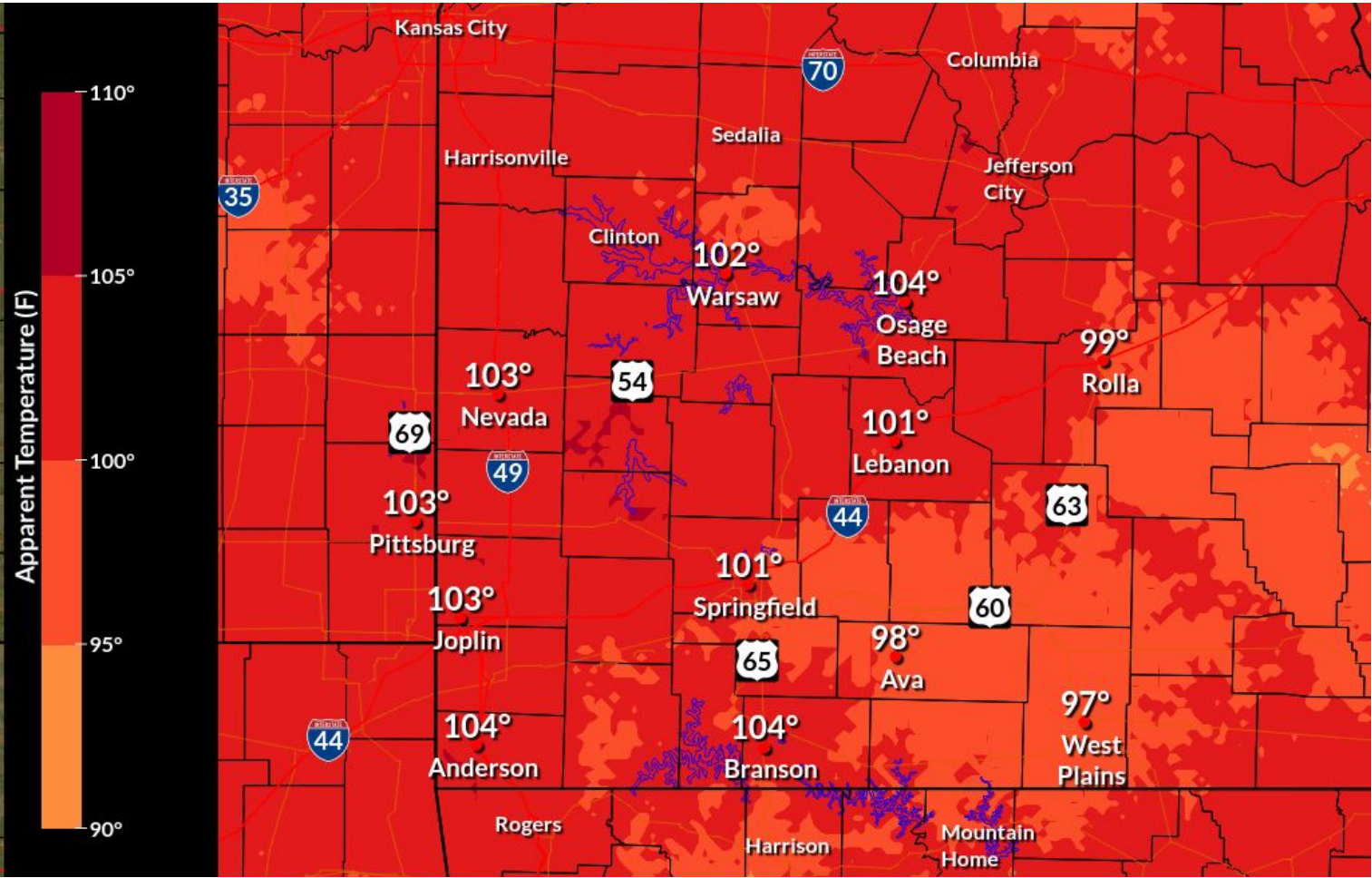
National Oceanic and
Atmospheric Administration
U.S. Department of Commerce

National Weather Service
Springfield, MO

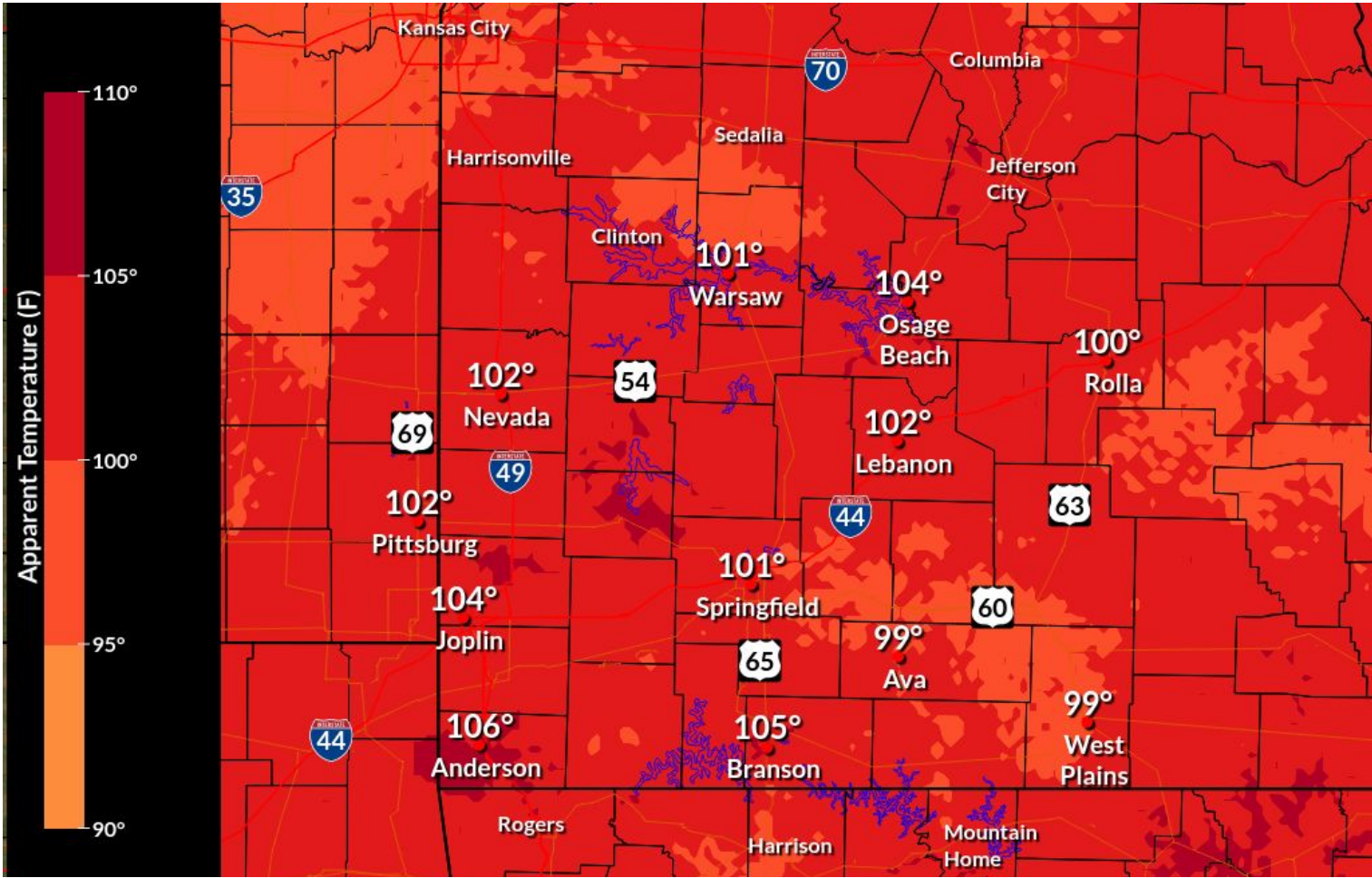


Maximum Heat Index

August 31, 2026
3:00 AM



Heat Index Monday



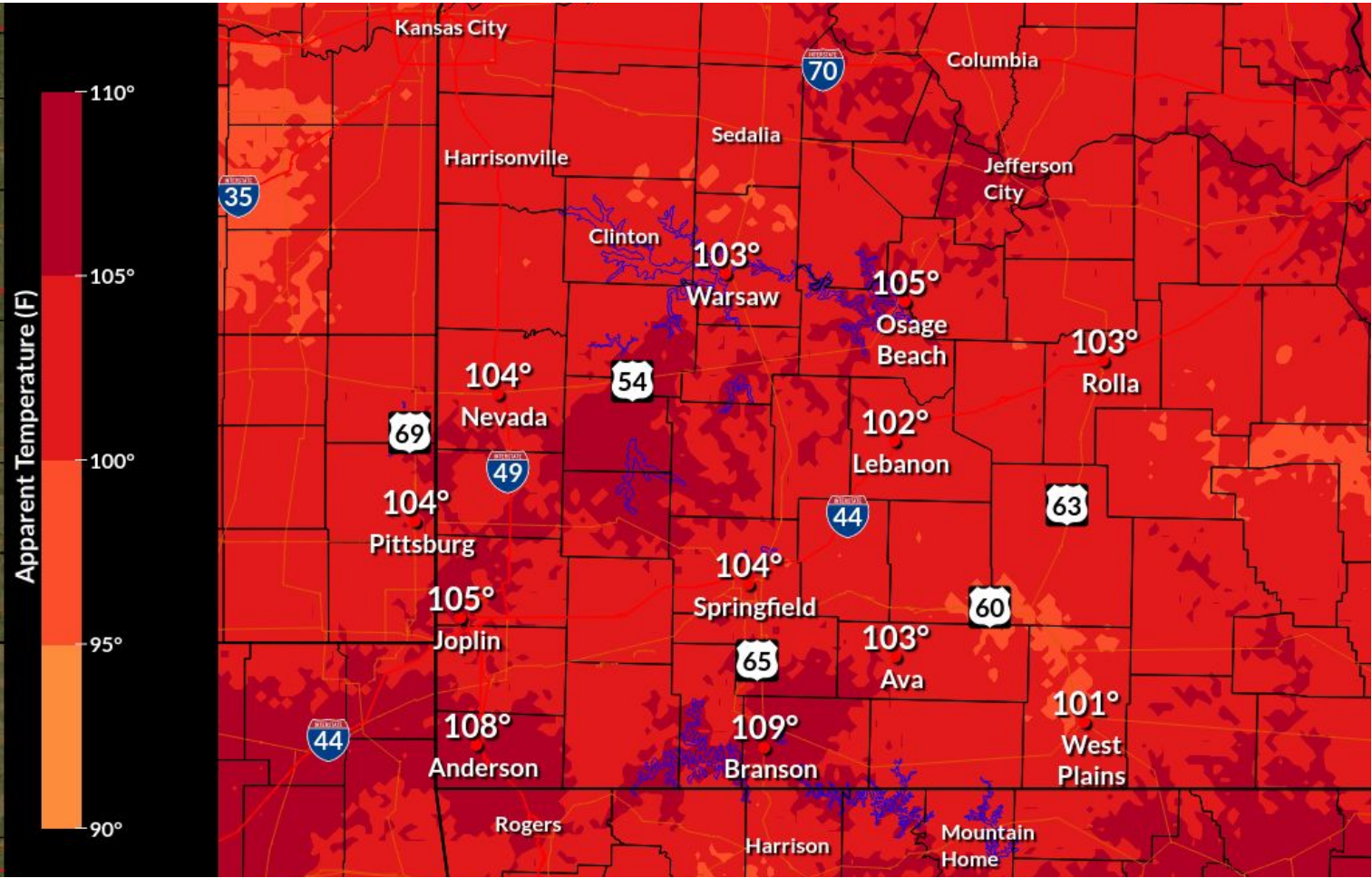
Heat Index Tuesday



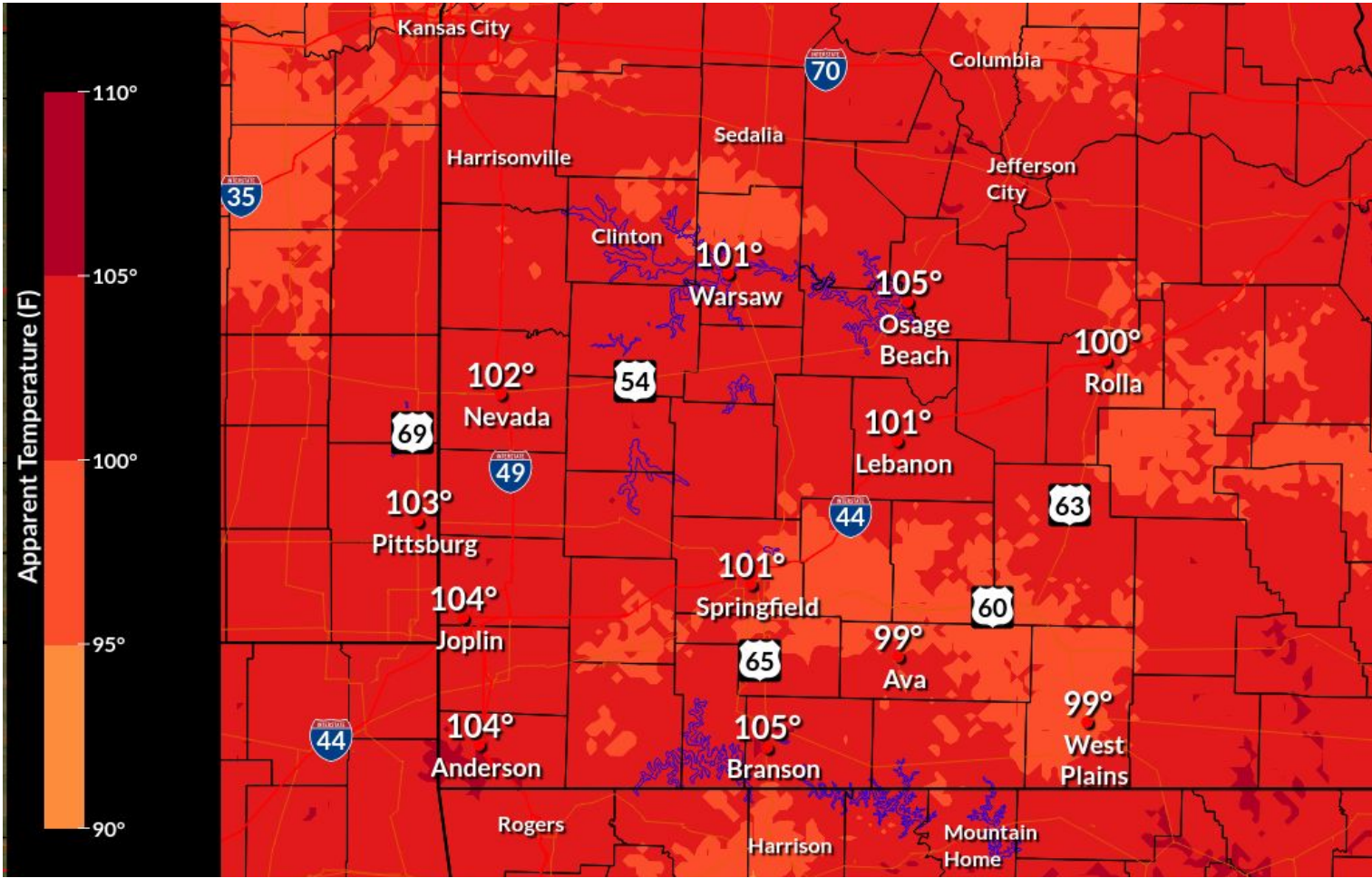


Maximum Heat Index

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Heat Index Wednesday



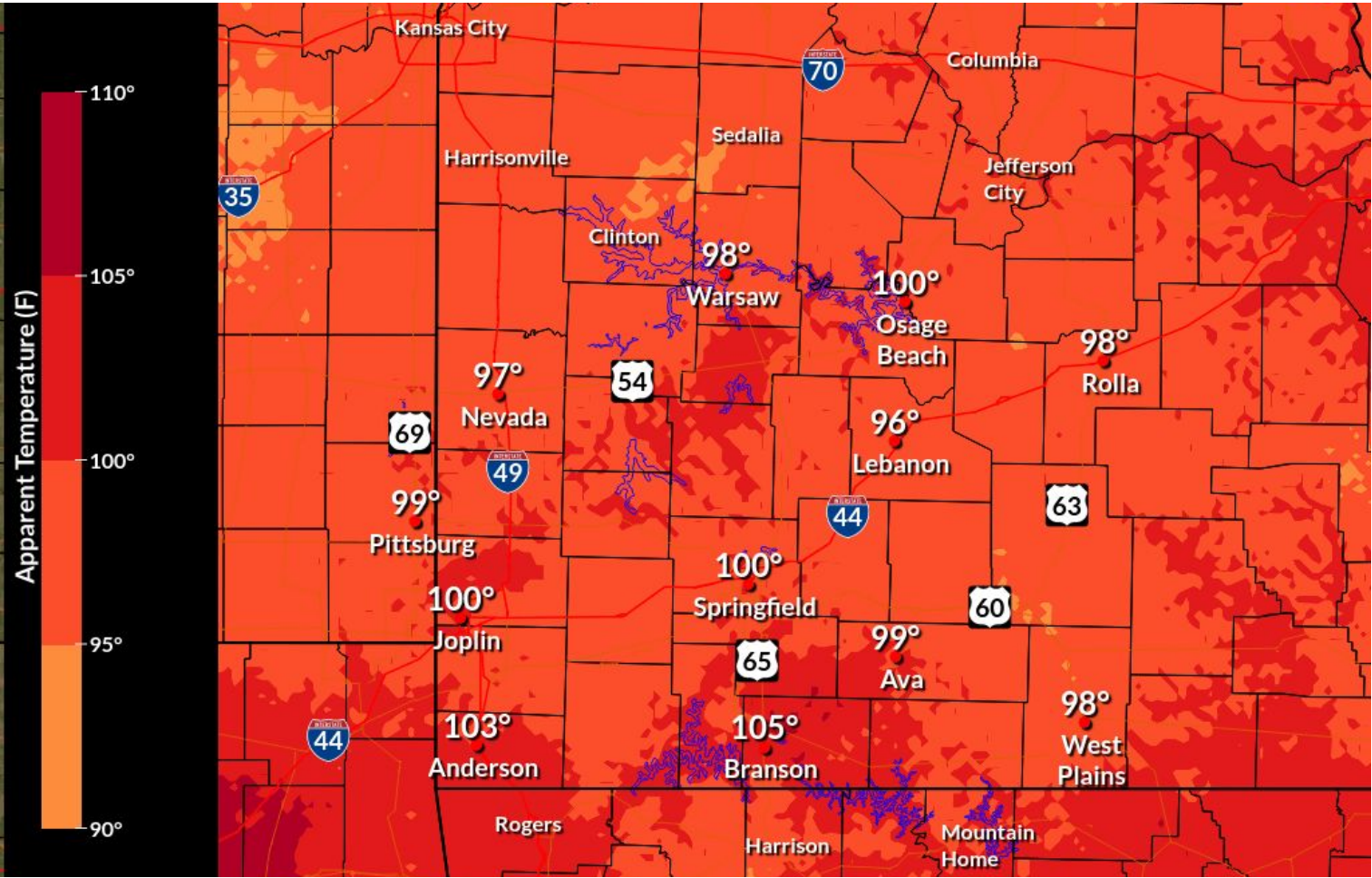
Heat Index Thursday



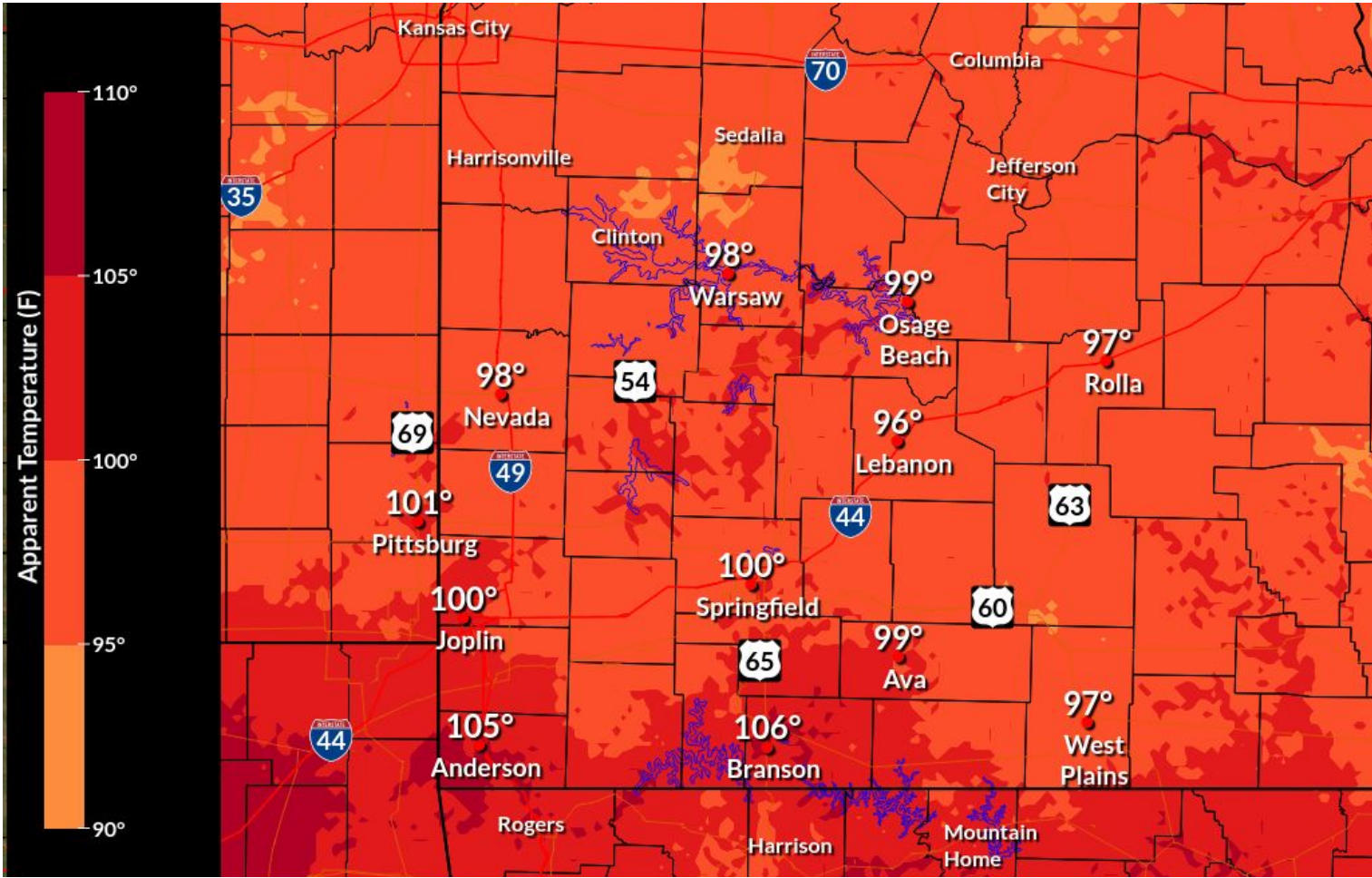


Maximum Heat Index

August 31, 2026
3:00 AM



Heat Index Friday



Heat Index Saturday





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>		





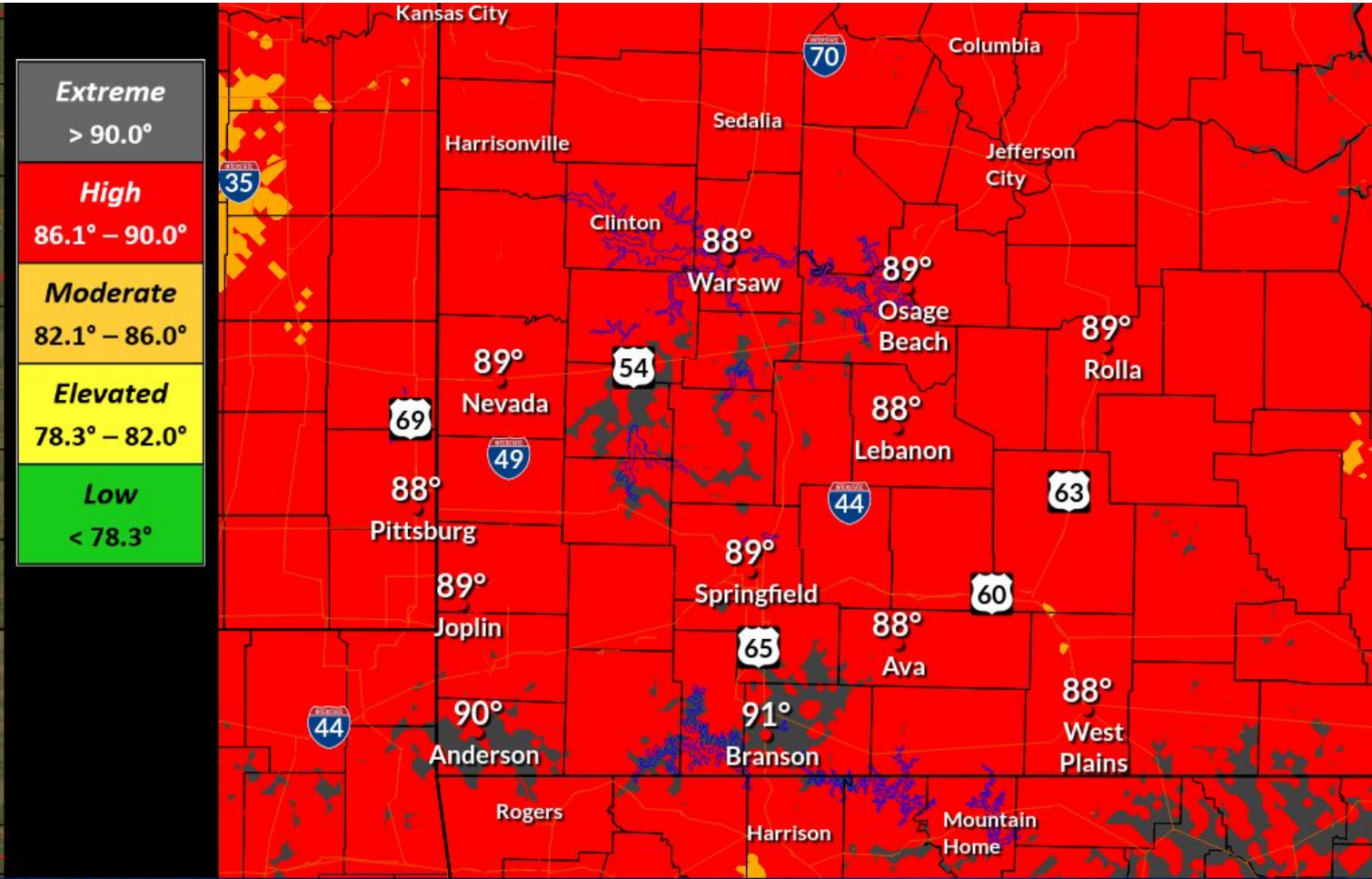
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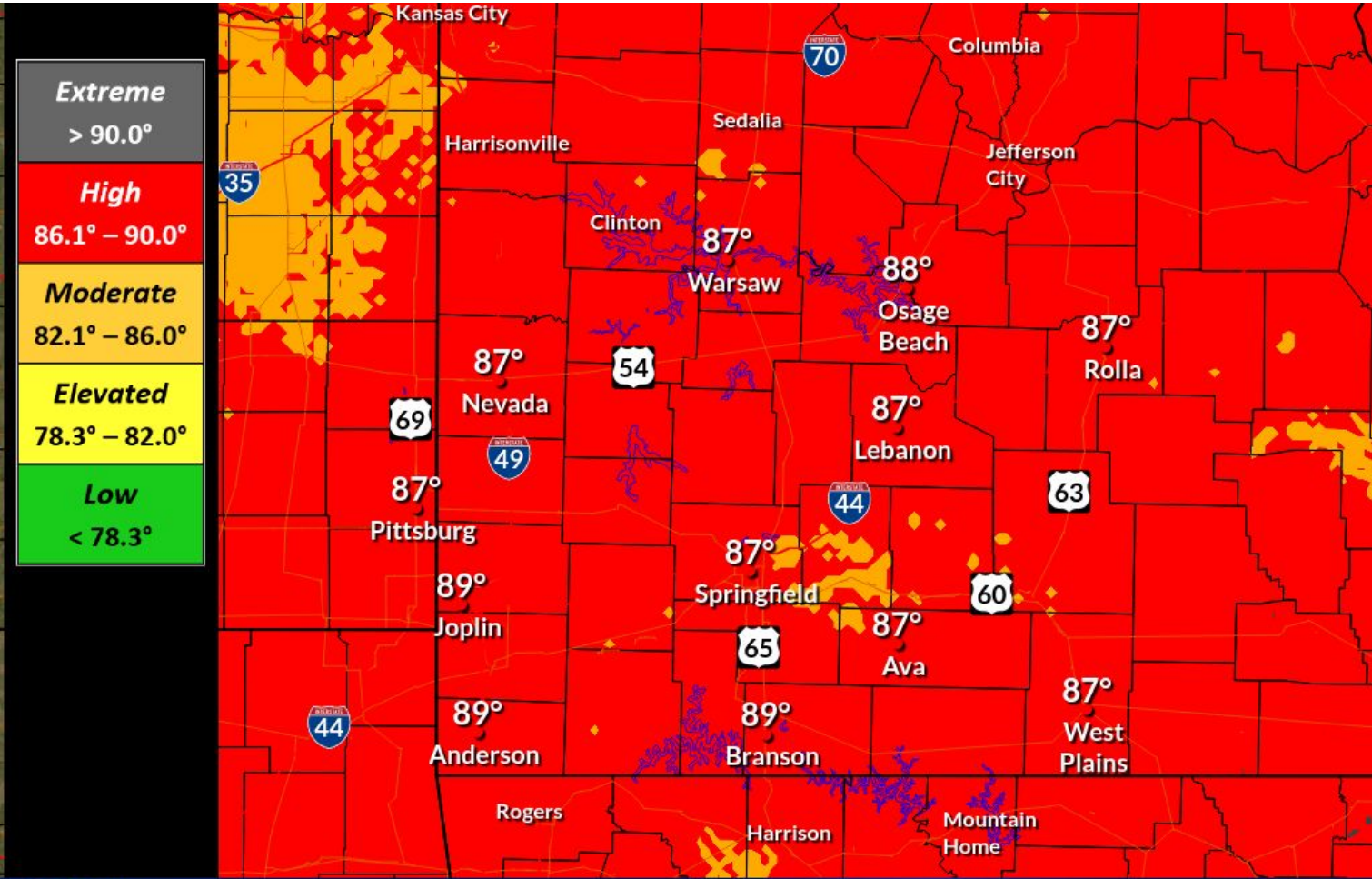


Maximum Wet Bulb Globe Temperature

August 31, 2026
3:00 AM



Wet Bulb Globe Temperature Wednesday



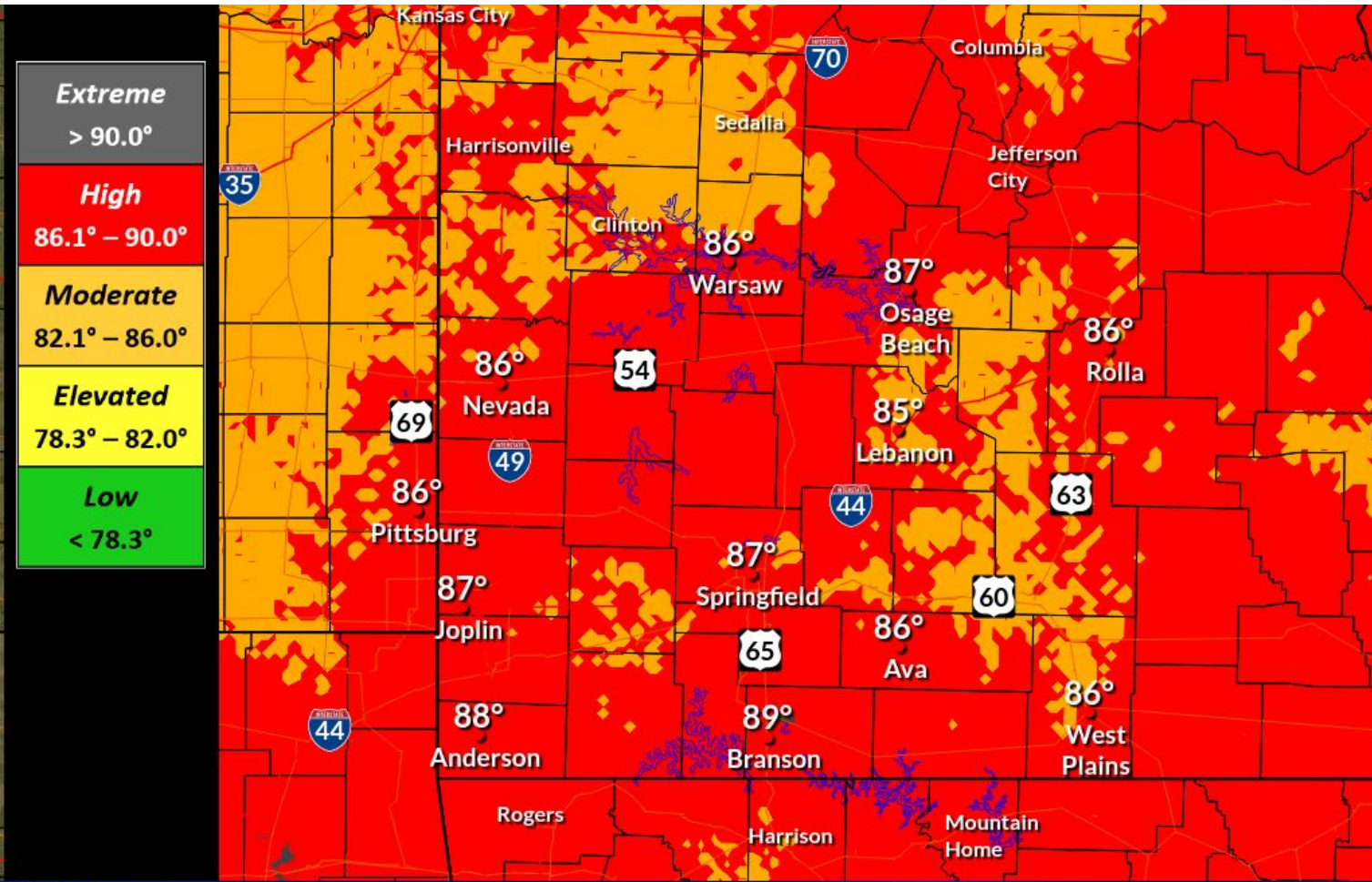
Wet Bulb Globe Temperature Thursday



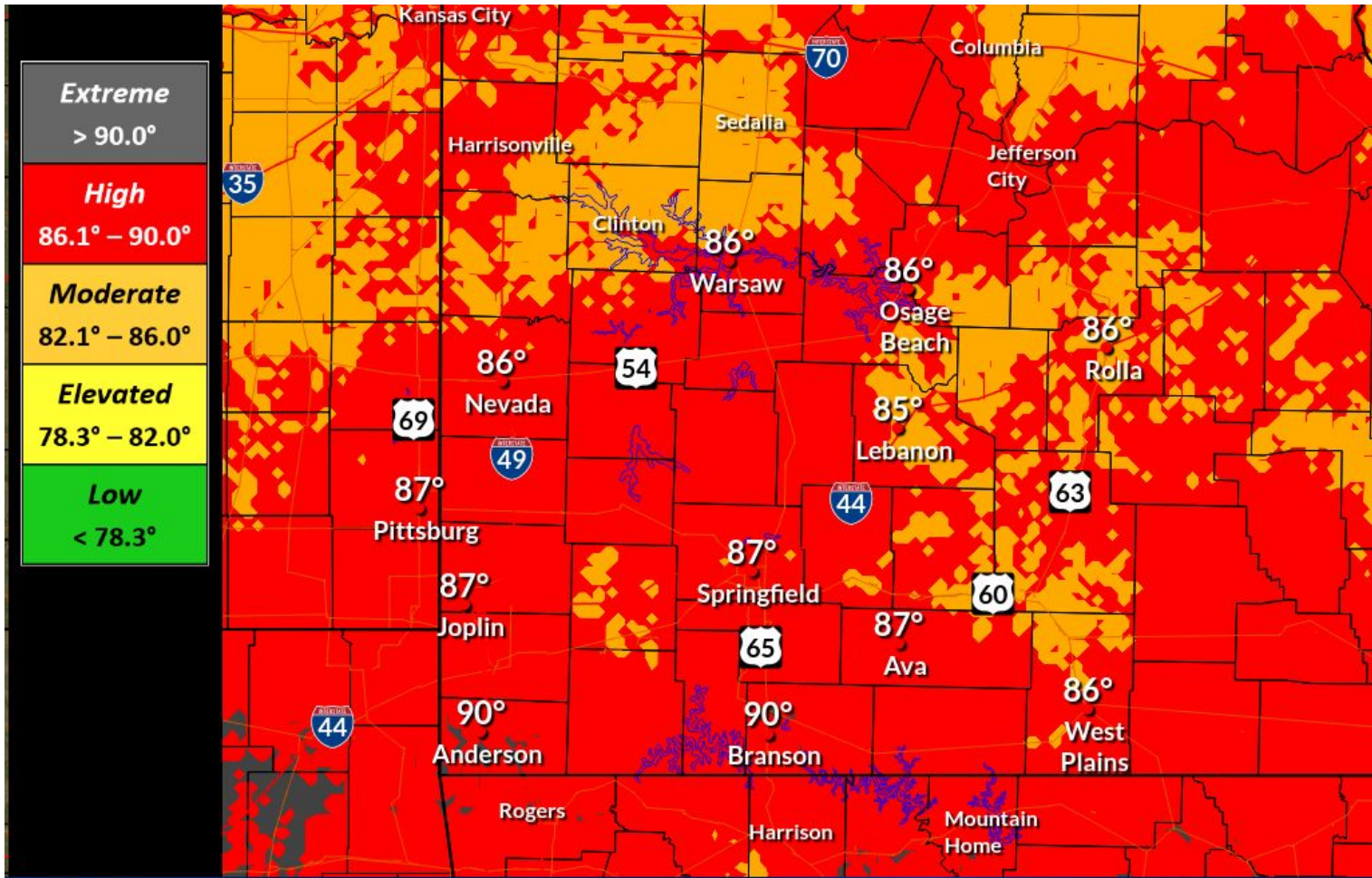


Maximum Wet Bulb Globe Temperature

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3:00 AM



Wet Bulb Globe Temperature Friday



Wet Bulb Globe Temperature Saturday





Understanding Wet Bulb Globe Temperature

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3:00 AM

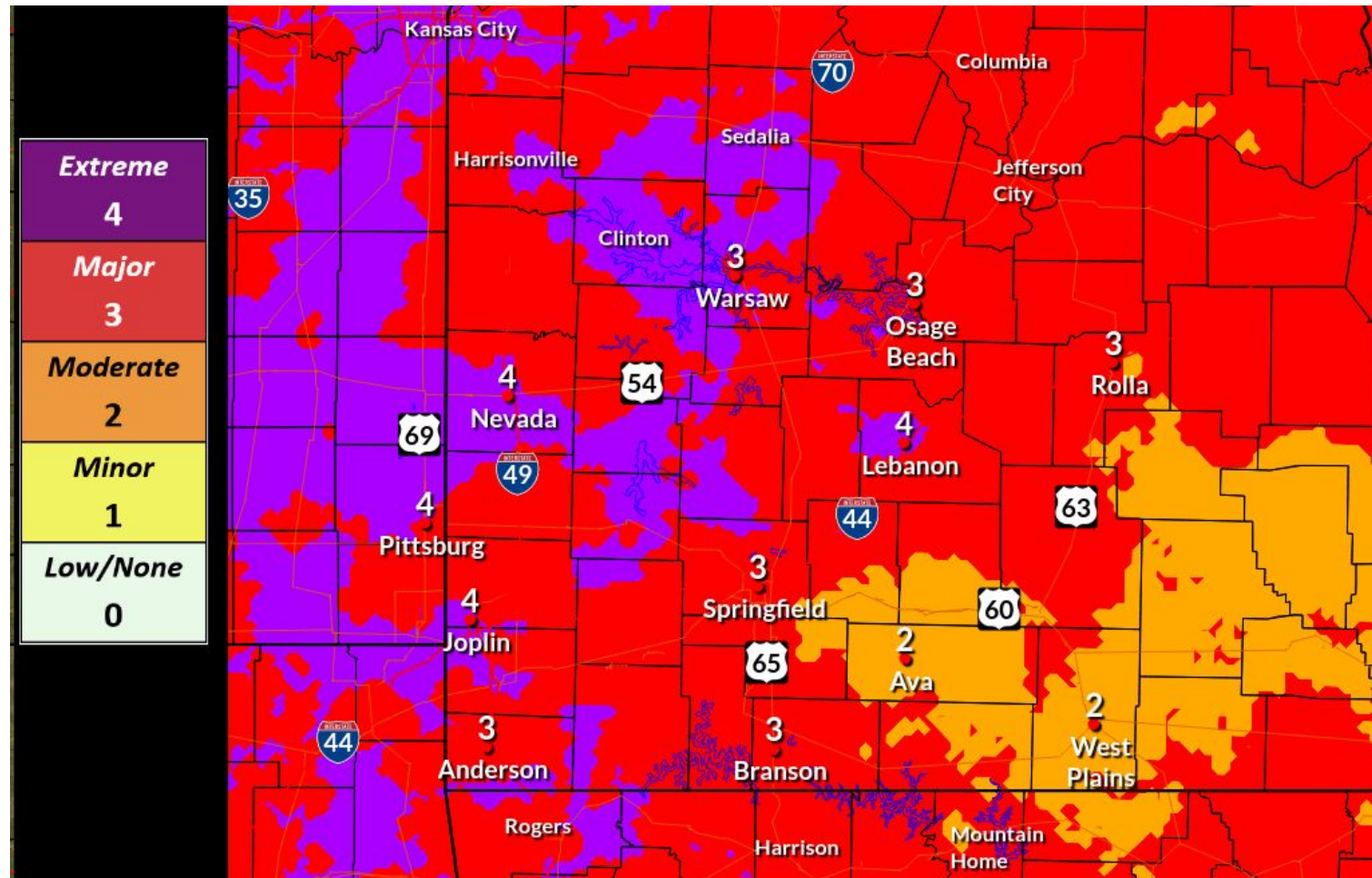
Wet Bulb Globe Temperature (WBGT)			
Threat Level	WBGT (°F)	Effects	Call to Actions
Low	< 78.3	Normal activities.	Take at least 3-5 minutes of breaks each hour if working or exercising in direct sunlight.
Elevated	78.3 – 82.0	Working or exercising in direct sunlight will stress your body after 45 minutes.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



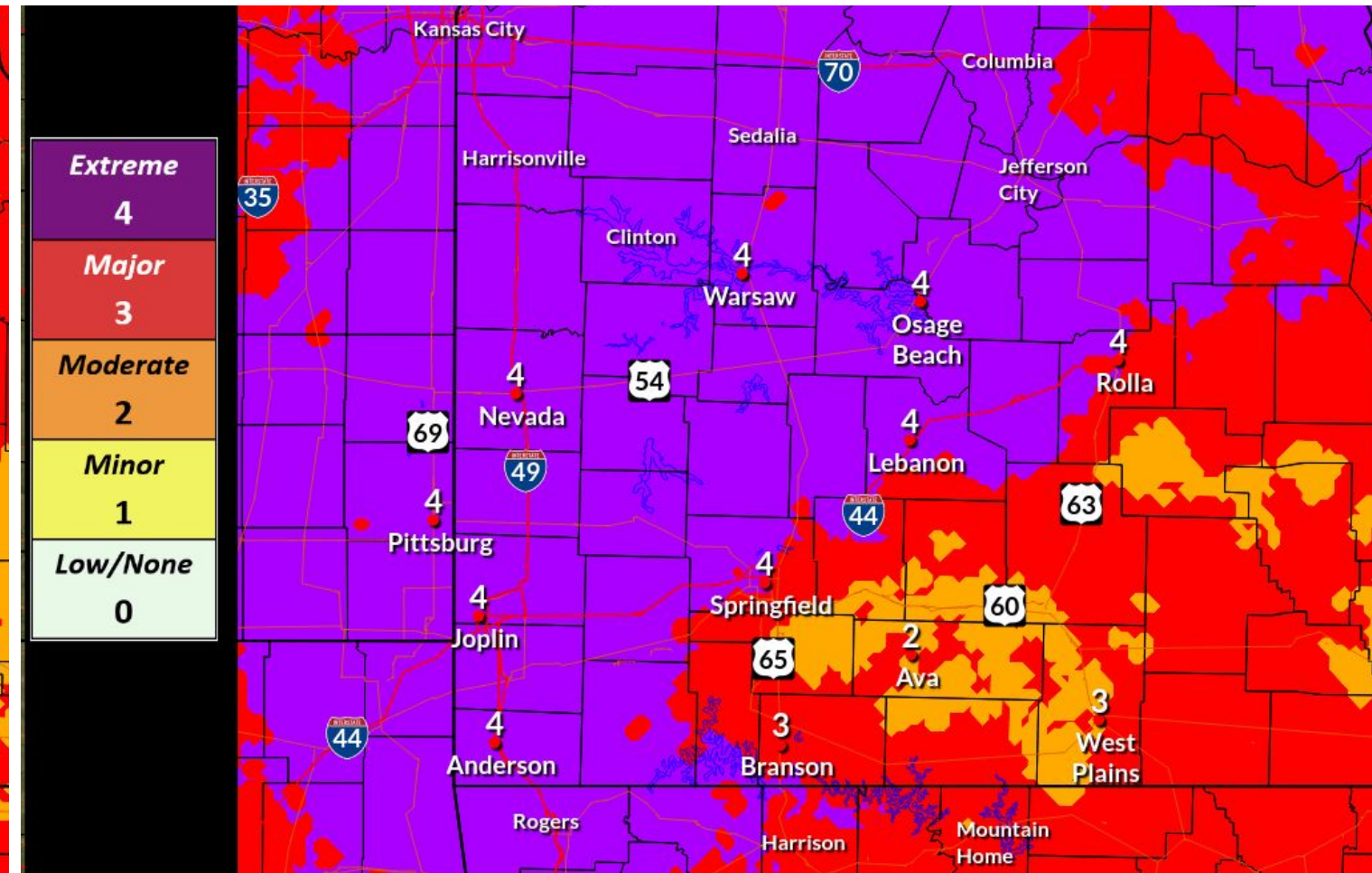


NWS HeatRisk

August 31, 2026
3:00 AM

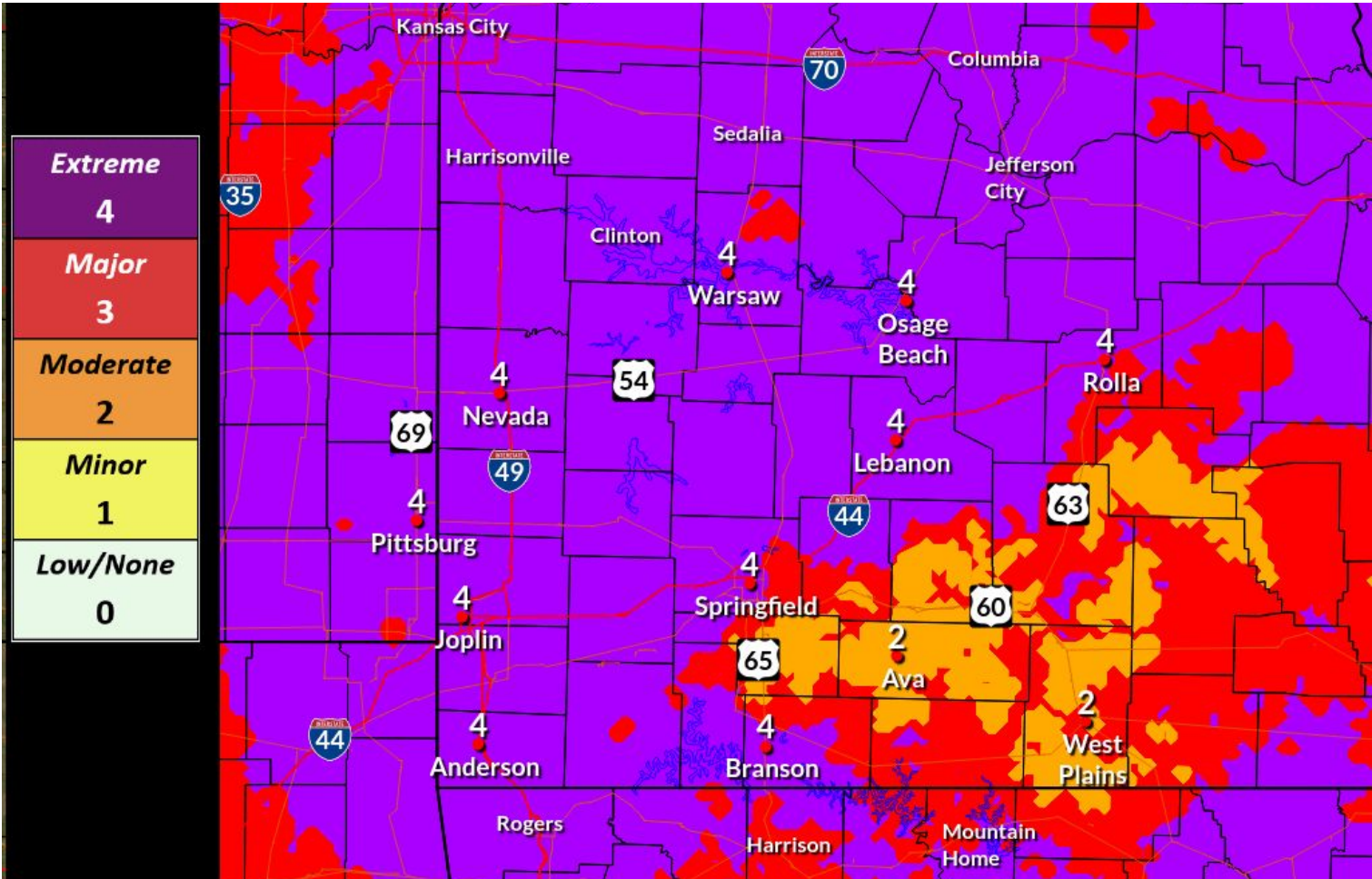


NWS HeatRisk Monday

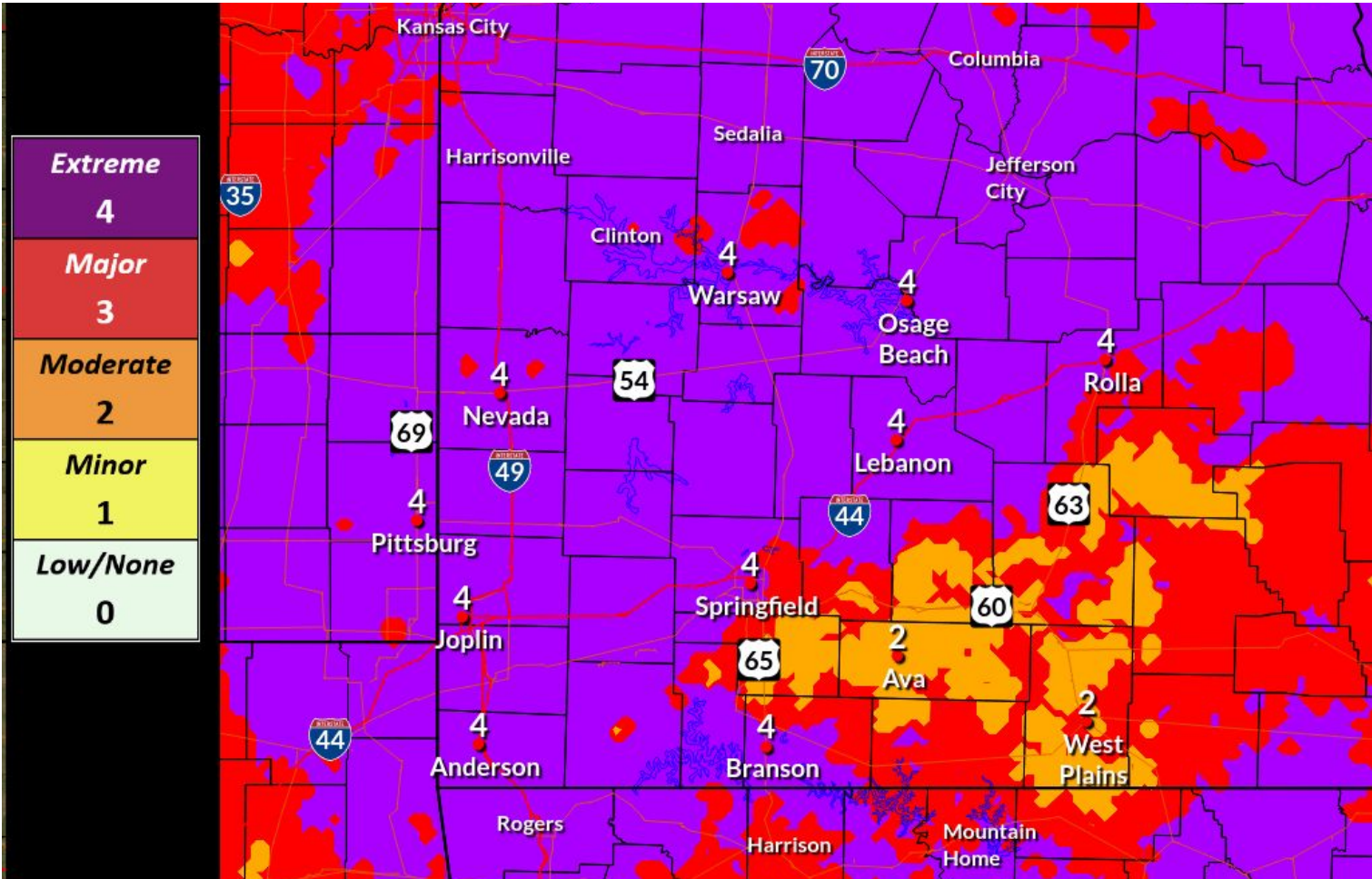


NWS HeatRisk Tuesday





NWS HeatRisk Wednesday

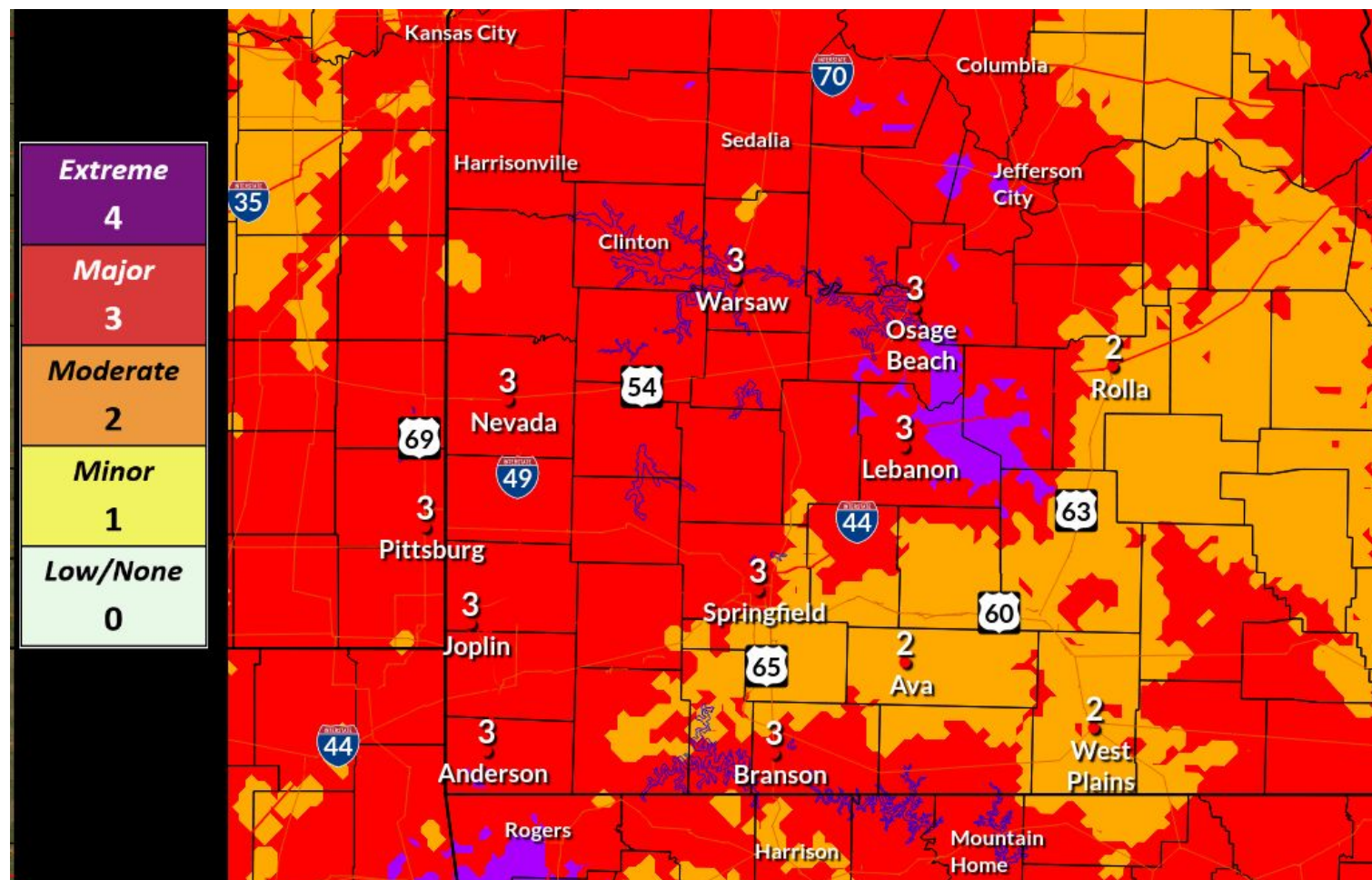


NWS HeatRisk Thursday

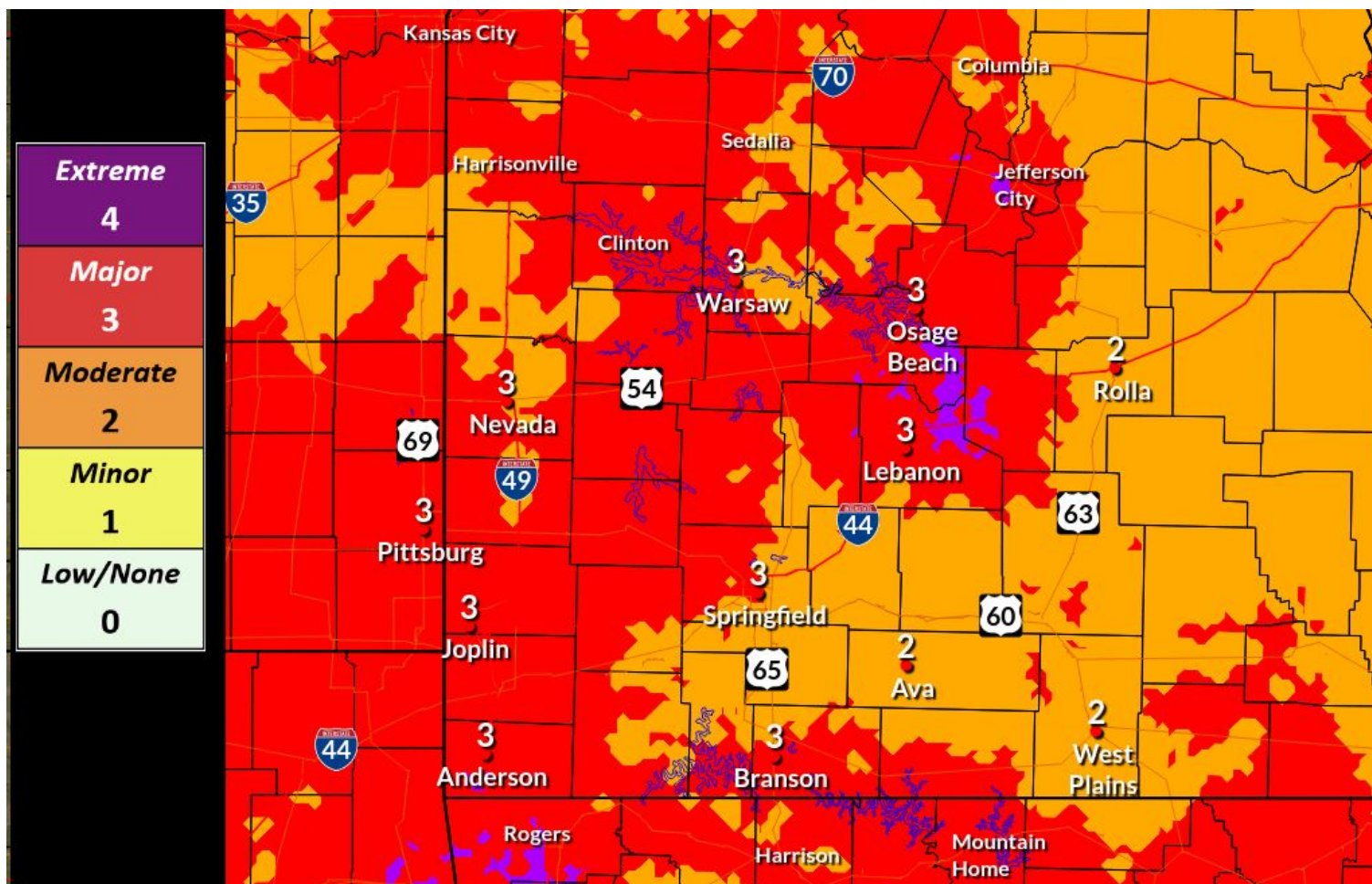


NWS HeatRisk

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3:00 AM



NWS HeatRisk Friday



NWS HeatRisk Saturday





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>		





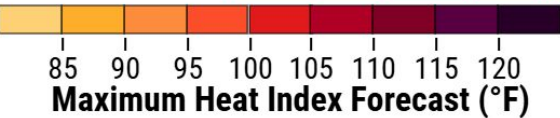
Daily Maximum Heat Tools By City

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Monday - Saturday

Maximum Heat Index

	8/31	9/1	9/2	9/3	9/4	9/5
	Mon	Tue	Wed	Thu	Fri	Sat
Bolivar	103	103	105	101	100	101
Branson	104	105	109	105	105	106
Fort Leonard Wood	101	103	102	102	97	98
Joplin	103	104	105	104	100	100
Lebanon	101	102	102	101	96	96
Monett	100	101	102	100	98	97
Mountain Grove	97	98	98	98	95	95
Nevada	103	102	104	102	97	98
Osage Beach	104	104	105	104	99	99
Pittsburg, KS	103	102	104	103	99	101
Rolla	99	101	100	100	97	96
Springfield	101	102	103	101	99	99
Warsaw	102	101	104	102	100	99
West Plains	97	99	101	99	98	97



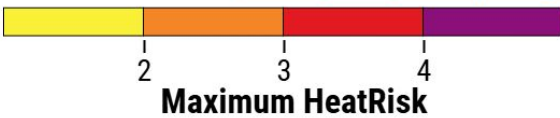
Maximum WBGT

	8/31	9/1	9/2	9/3	9/4	9/5
	Mon	Tue	Wed	Thu	Fri	Sat
Bolivar	87	89	89	87	87	87
Branson	88	90	91	89	89	90
Fort Leonard Wood	87	88	88	88	85	86
Joplin	88	88	89	89	87	87
Lebanon	86	87	88	87	85	85
Monett	86	87	88	87	86	86
Mountain Grove	85	86	86	86	85	85
Nevada	87	88	89	87	86	86
Osage Beach	88	88	89	89	87	87
Pittsburg, KS	87	88	88	87	86	87
Rolla	86	87	87	87	86	85
Springfield	87	88	89	87	87	87
Warsaw	88	88	89	88	87	87
West Plains	85	87	88	87	86	86



Maximum HeatRisk

	8/31	9/1	9/2	9/3	9/4	9/5
	Mon	Tue	Wed	Thu	Fri	Sat
Bolivar	3	4	4	4	3	3
Branson	3	3	4	4	3	3
Fort Leonard Wood	3	4	4	4	3	3
Joplin	4	4	4	4	3	3
Lebanon	4	4	4	4	3	3
Monett	3	4	4	4	3	3
Mountain Grove	2	2	3	3	2	2
Nevada	4	4	4	4	3	3
Osage Beach	3	4	4	4	3	3
Pittsburg, KS	4	4	4	4	3	3
Rolla	3	4	4	4	2	2
Springfield	3	4	4	4	3	3
Warsaw	3	4	4	4	3	3
West Plains	2	3	2	2	2	2





Extreme Heat into Early/Mid September

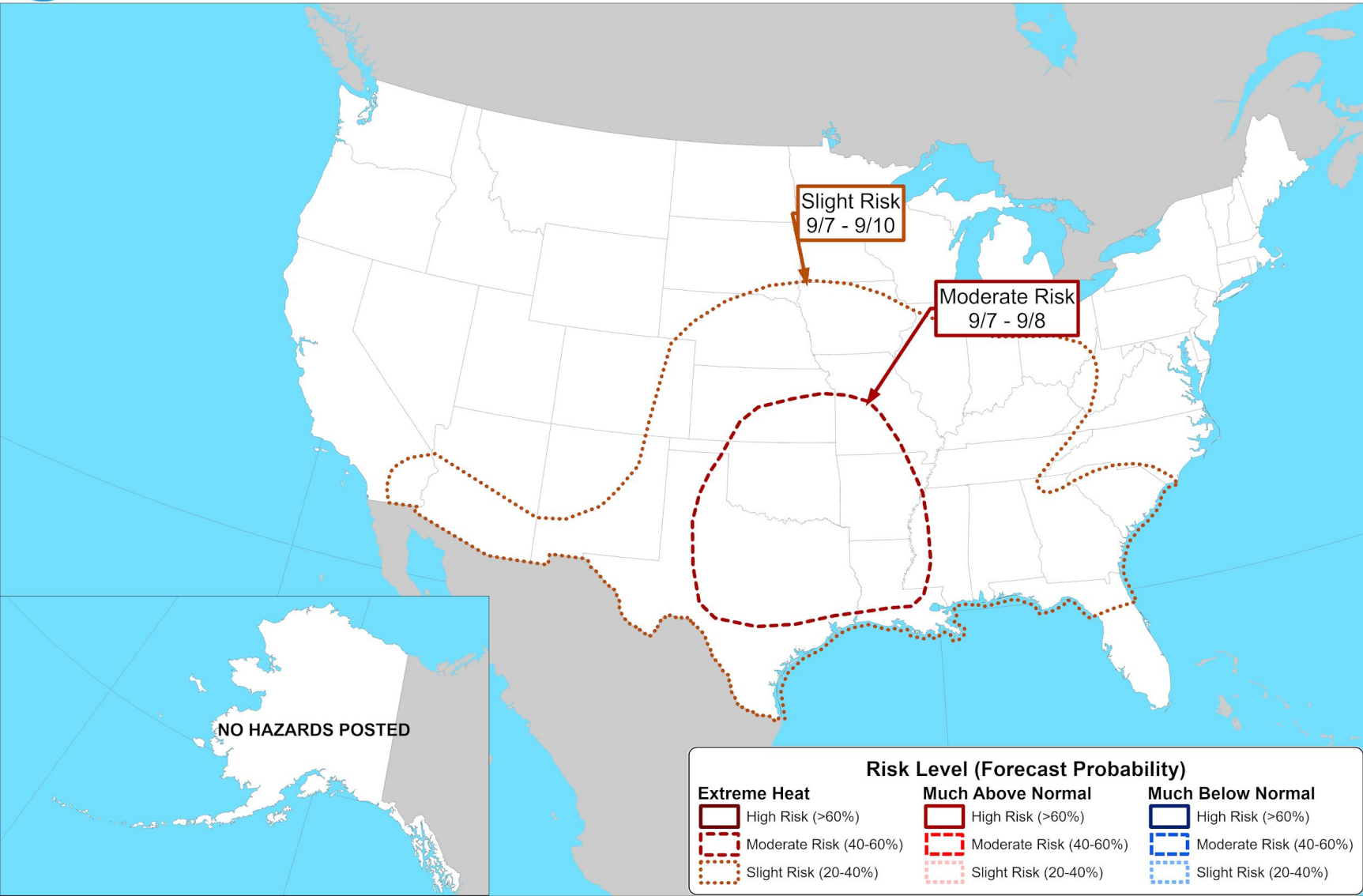
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Overview

- Slight Risk (20-40%) for Extreme Heat to persist through September 7-10.
- Moderate Risk (40-60%) for Extreme Heat to continue through September 7-8.



Risk of Hazardous Temperatures Valid: September 7 - 13, 2026



Climate Prediction Center
Released: August 30, 2026 3:00 PM EDT

Follow us:
www.cpc.ncep.noaa.gov





Heat Index $\geq 100^{\circ}$



Low

Medium

High

Heat Index $\geq 105^{\circ}$



Low

Medium

High

Heat Index $\geq 110^{\circ}$



Low

Medium

High

Confidence Details

- Most of the area remains between maximum heat index values of 100 to 105.
- A few locations may exceed heat index values 105, this will be north and west of the Ozark Plateau.
- The hottest days of the week occur Tuesday through Thursday.



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
U.S. Department of Commerce

National Weather Service
Springfield, MO