



Extreme Heat Continues into Weekend

August 13, 2026
3:43 AM

Extreme Heat Warning Through Sunday

Key Messages

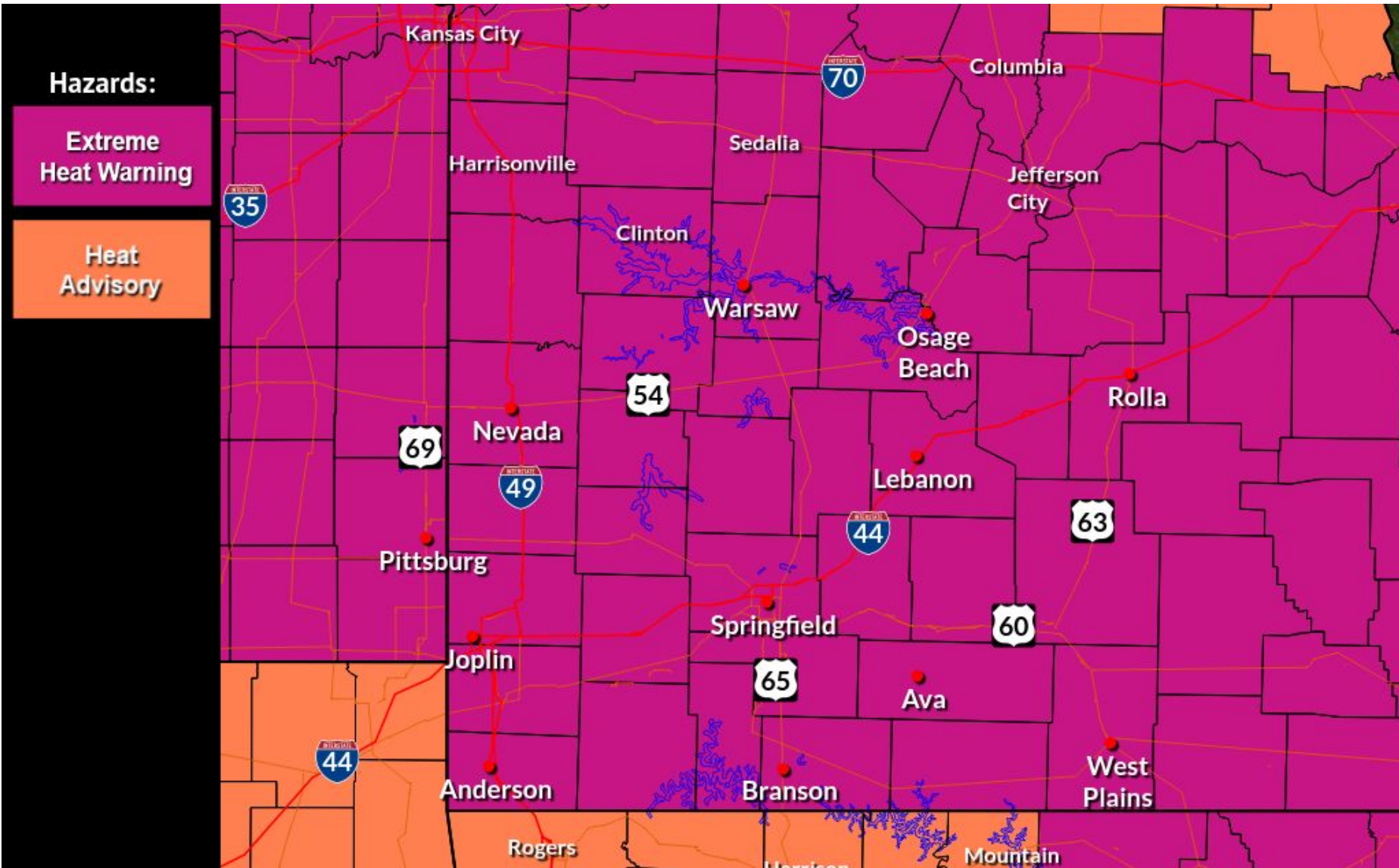
- **Extreme Heat Warning** in effect for the entire area through 8 PM Sunday.
- Daily Heat Index values around 105° to 110° will occur during the afternoon and early evening hours each day.
- Overnight lows will only cool into the middle 70s to the lower 80s each night through this weekend.

NEW Important Updates

- Extreme Heat Warning now effect for the entire area through 8 PM Sunday.
- Updated Heat Index, Heat Risk, and Wet Bulb Globe Temperatures through Sunday.

Next Scheduled Briefing

- Friday Morning or as needed.



Heat Headlines



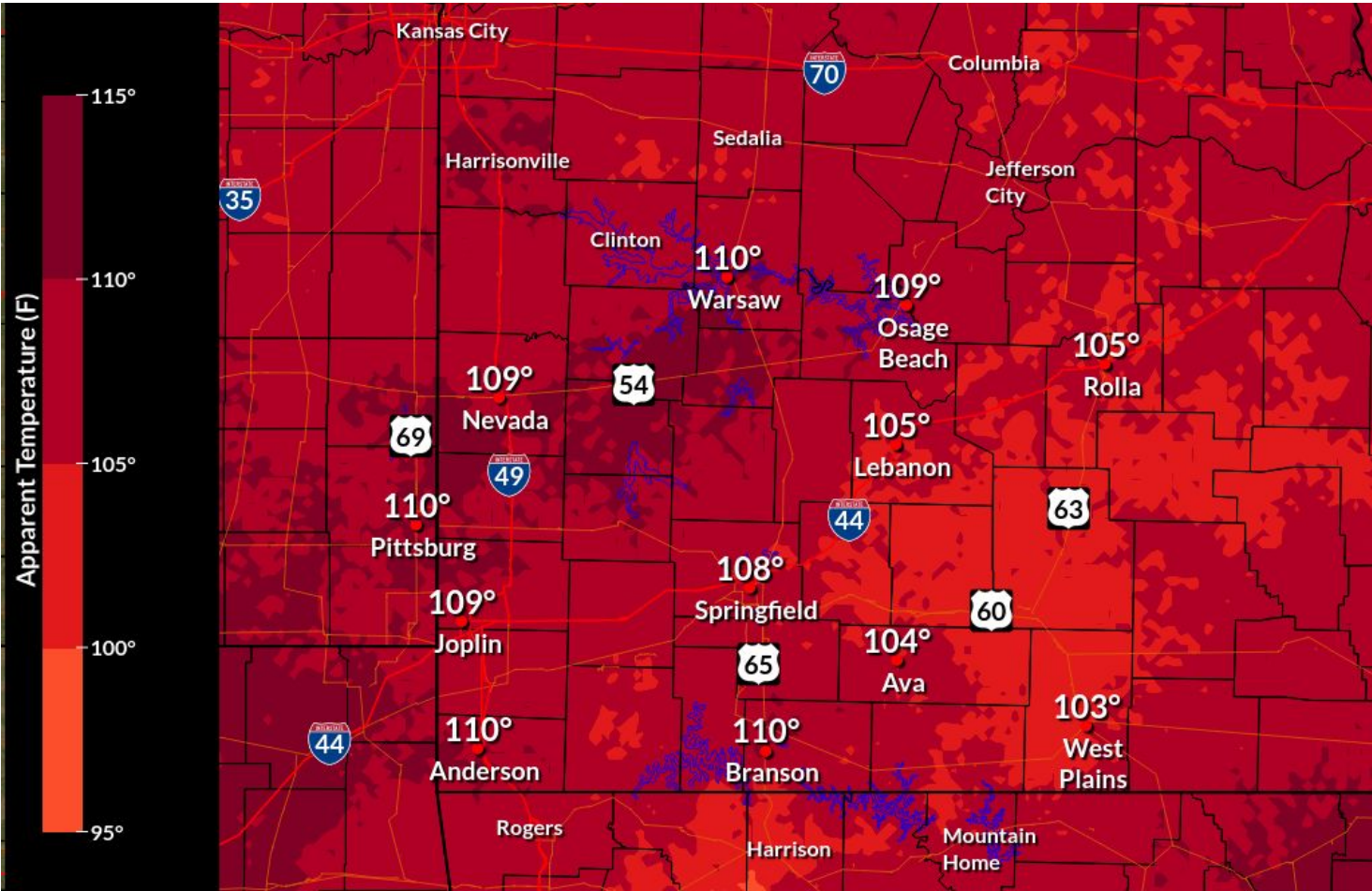
National Oceanic and
Atmospheric Administration
U.S. Department of Commerce

National Weather Service
Springfield, MO

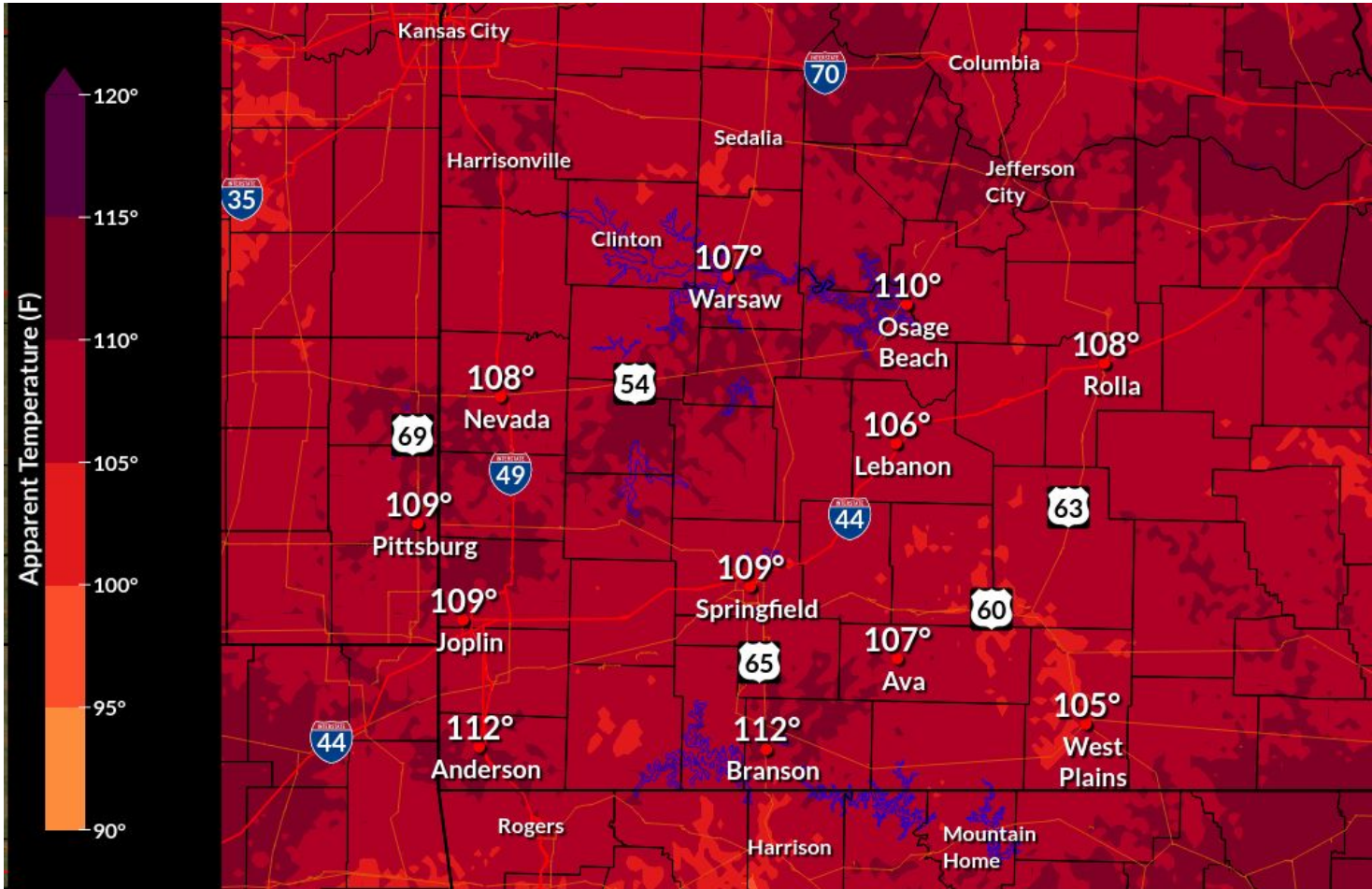


Heat Index Today and Friday

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Heat Index Today



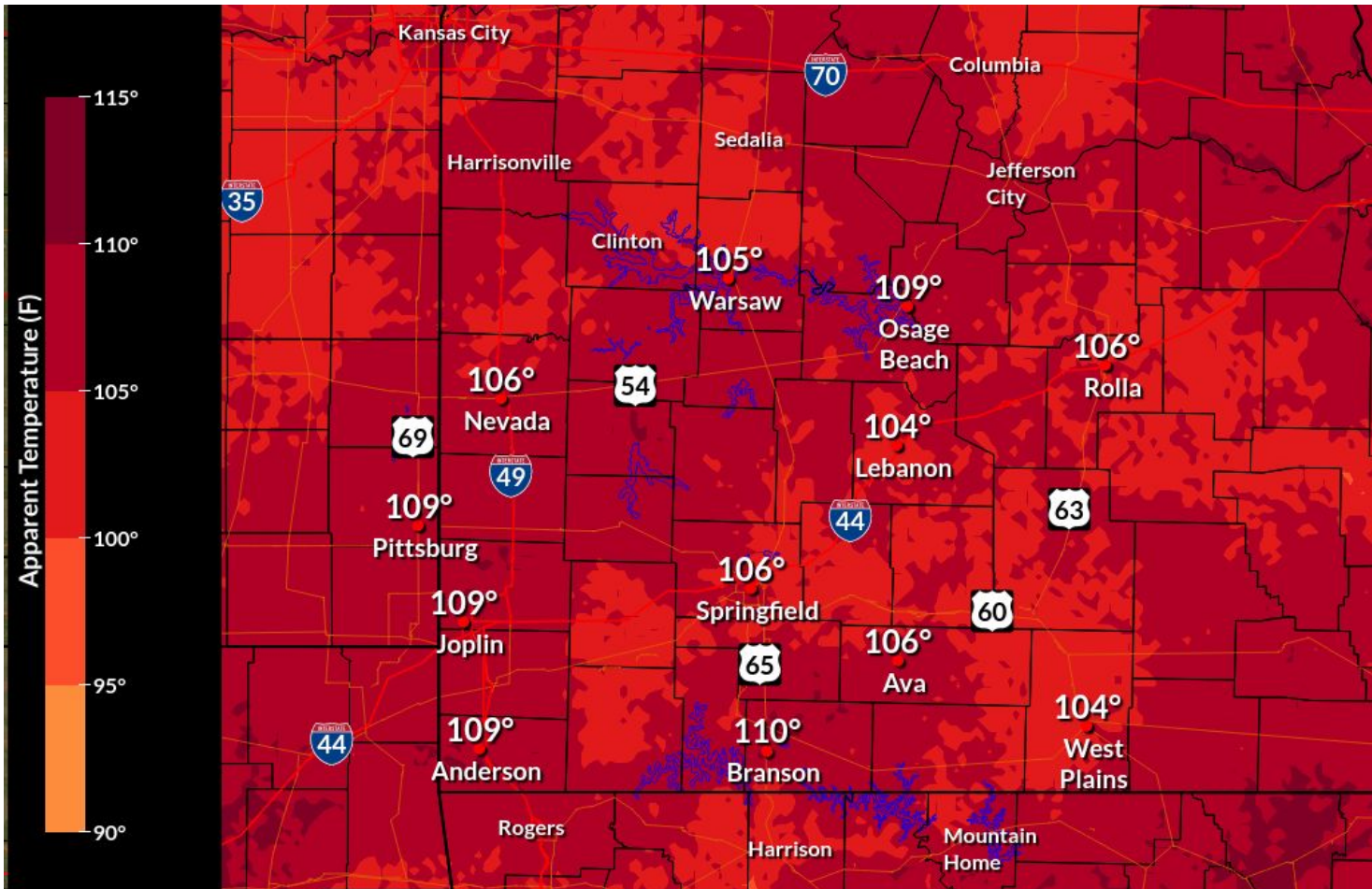
Heat Index Friday



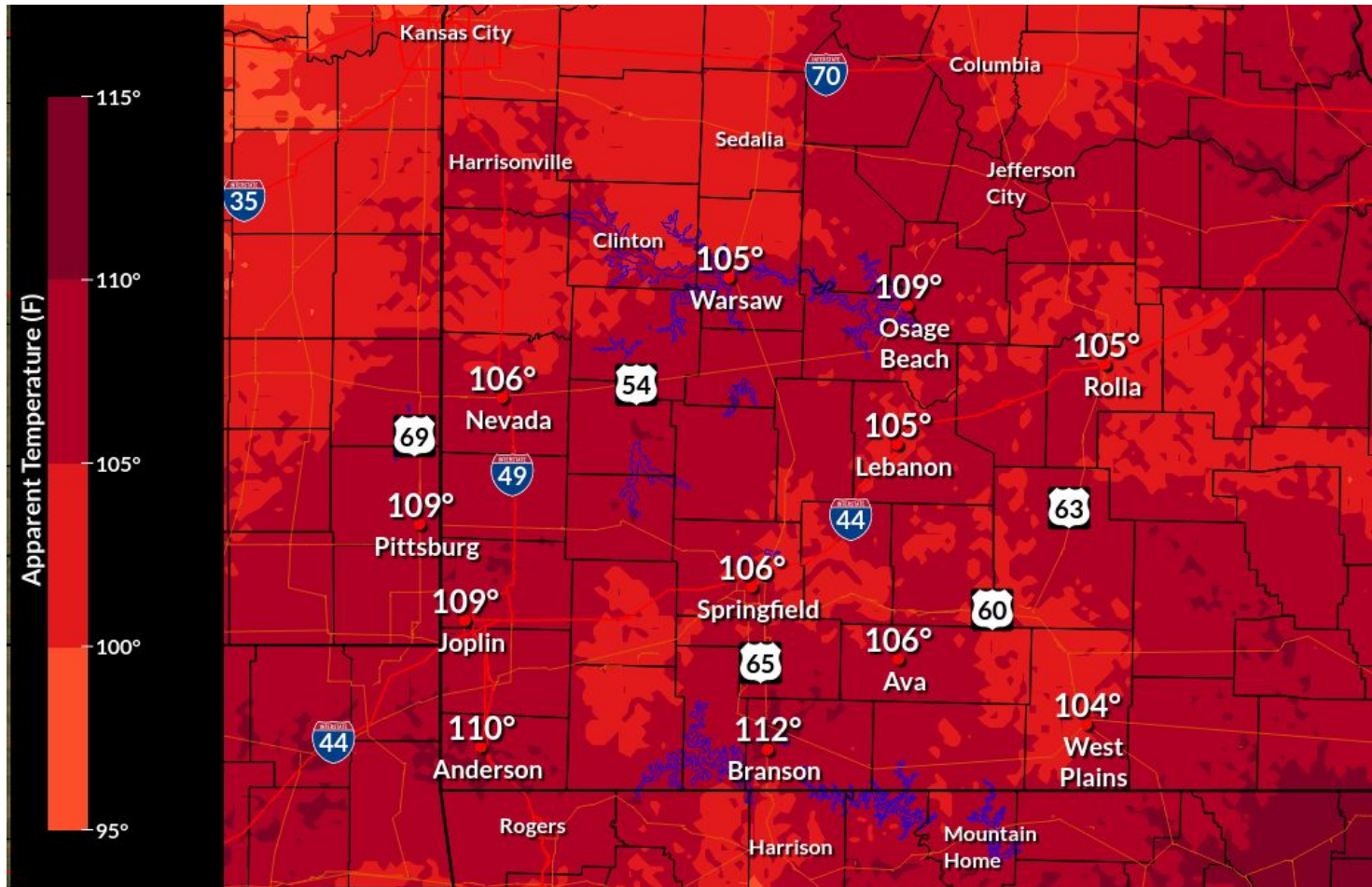


Heat Index Saturday and Sunday

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Heat Index Saturday



Heat Index Sunday





Understanding Heat Index

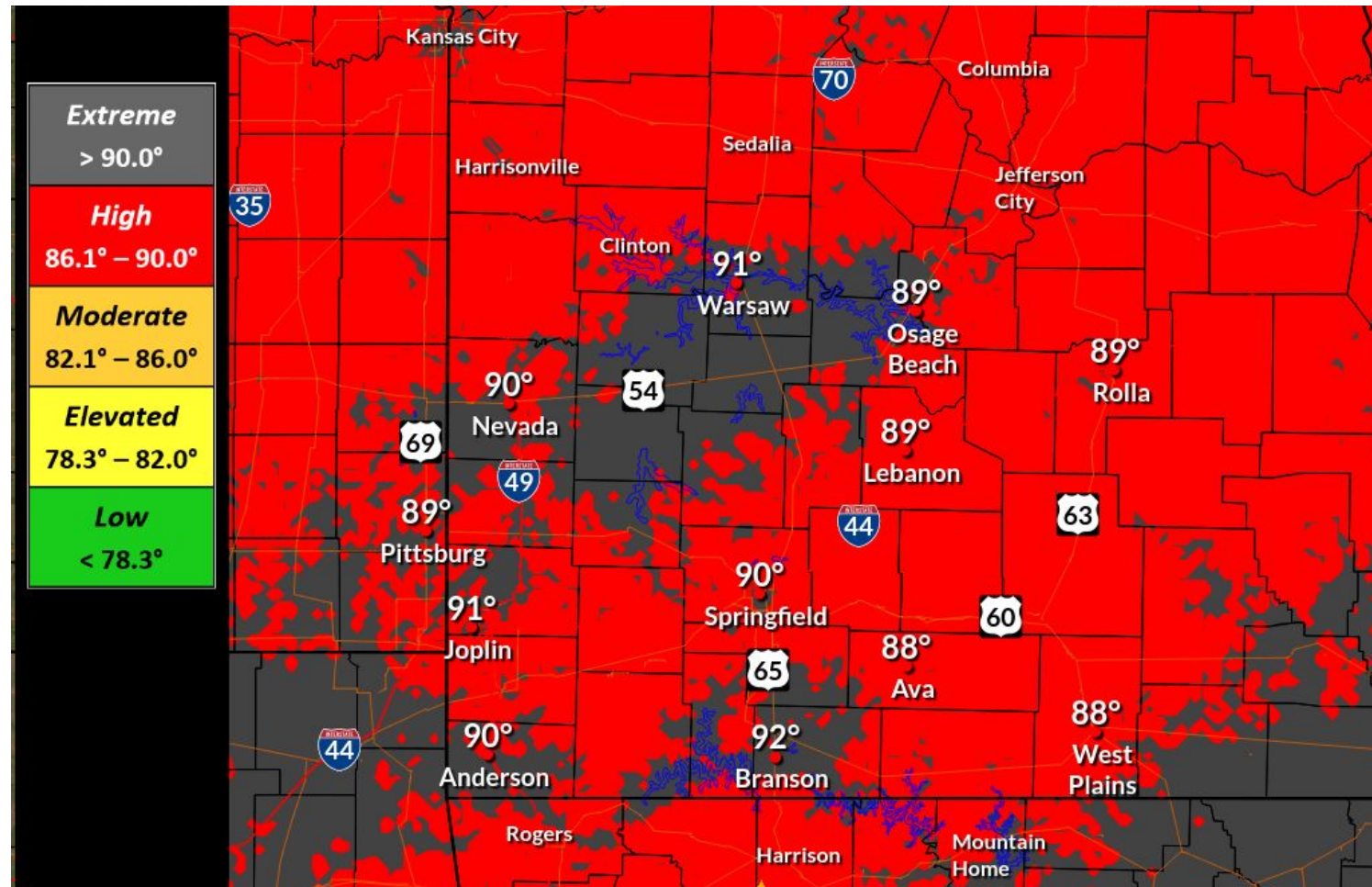
Heat Index		
Classification	Heat Index (°F)	Effect on the Body
Caution	80 to 89	Fatigue possible with prolonged exposure and/or physical activity.
Extreme Caution	90 to 102	Heat stroke, heat cramps or heat exhaustion possible with prolonged exposure and/or physical activity.
Danger	103 to 124	Heat cramps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



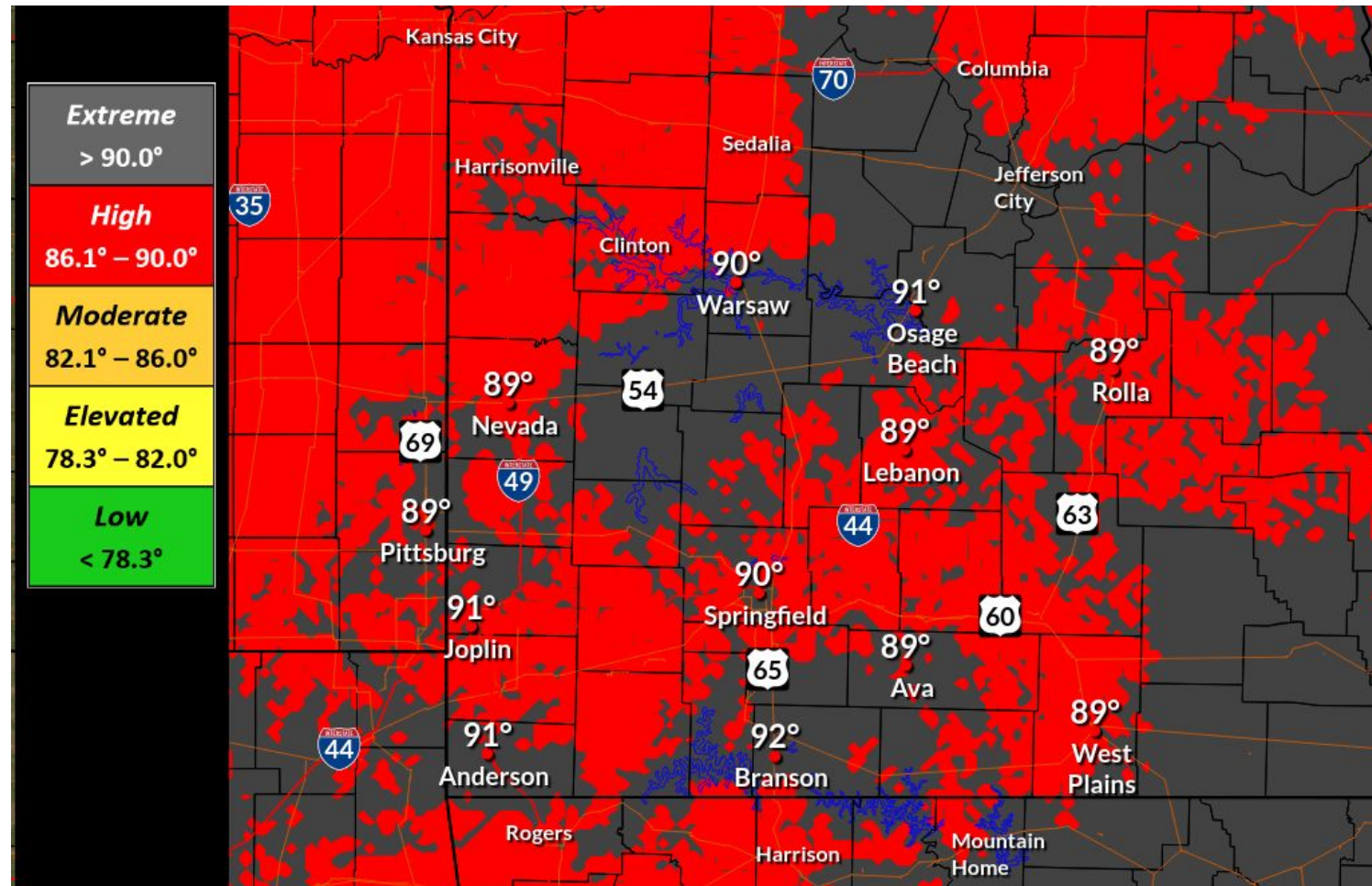


WBGT Today and Friday

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Maximum WBGT Today



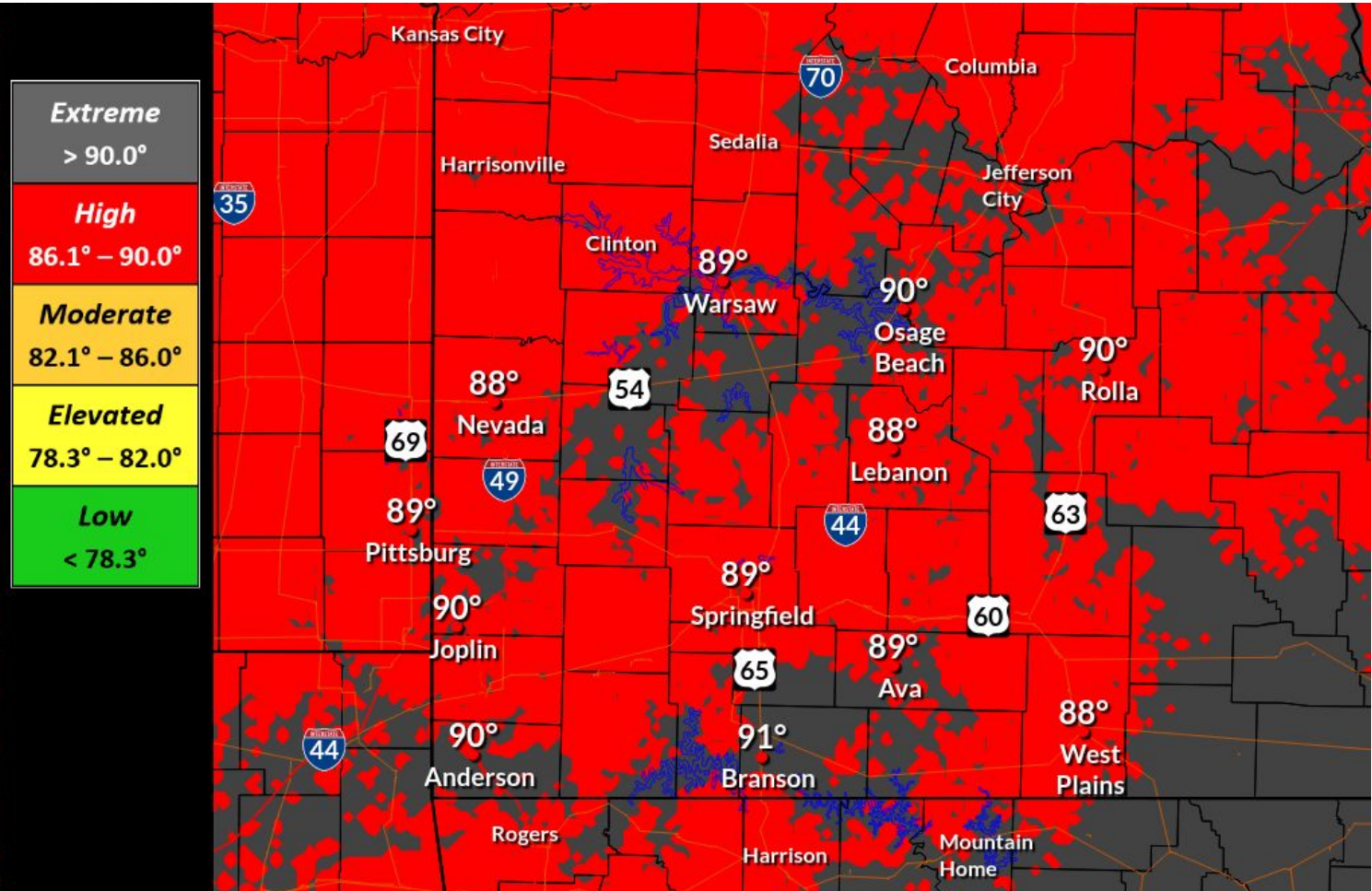
Maximum WBGT Friday



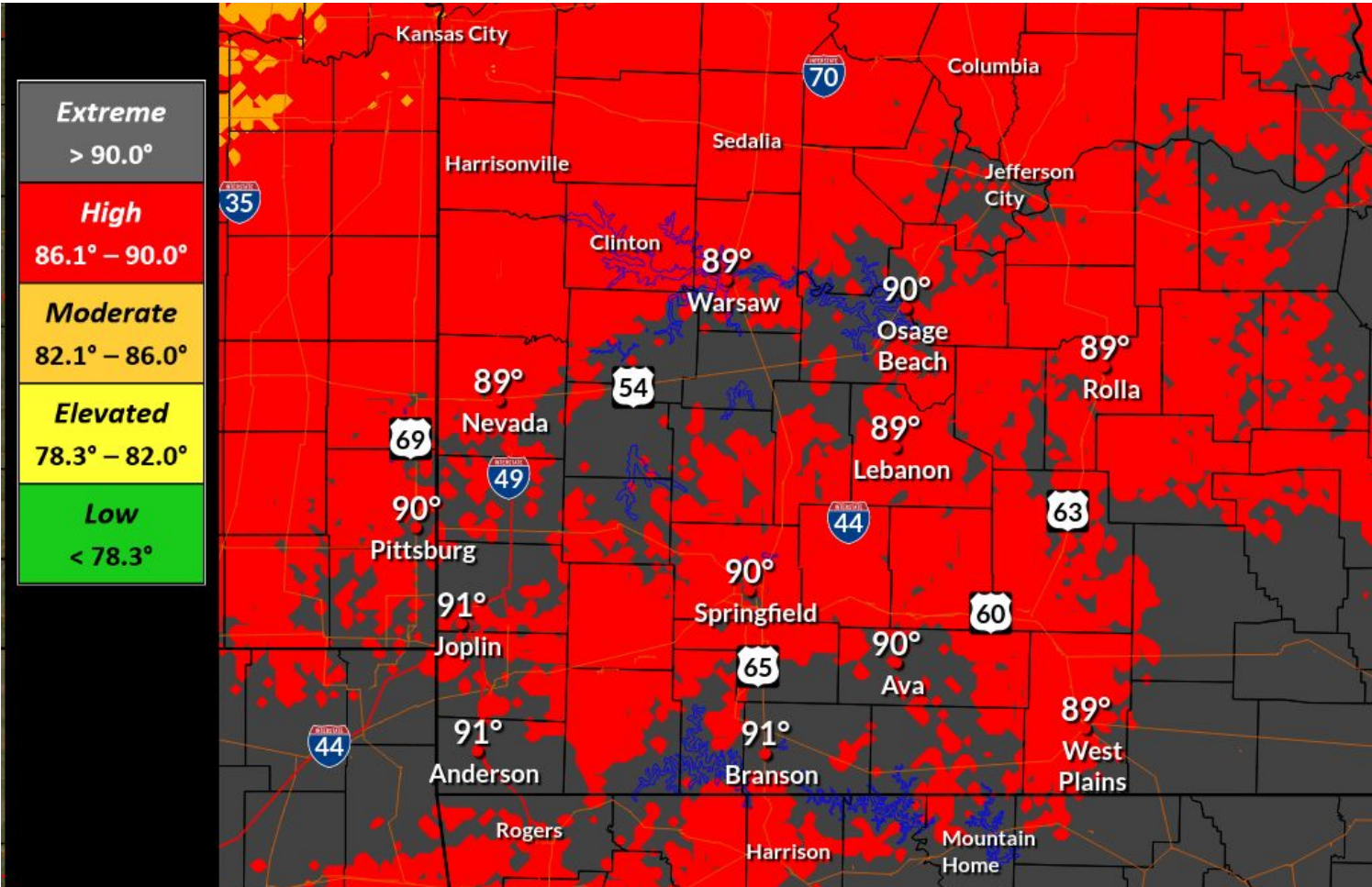


WBGT Saturday and Sunday

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Maximum WBGT Saturday



Maximum WBGT Sunday





Understanding Wet Bulb Globe Temperatures

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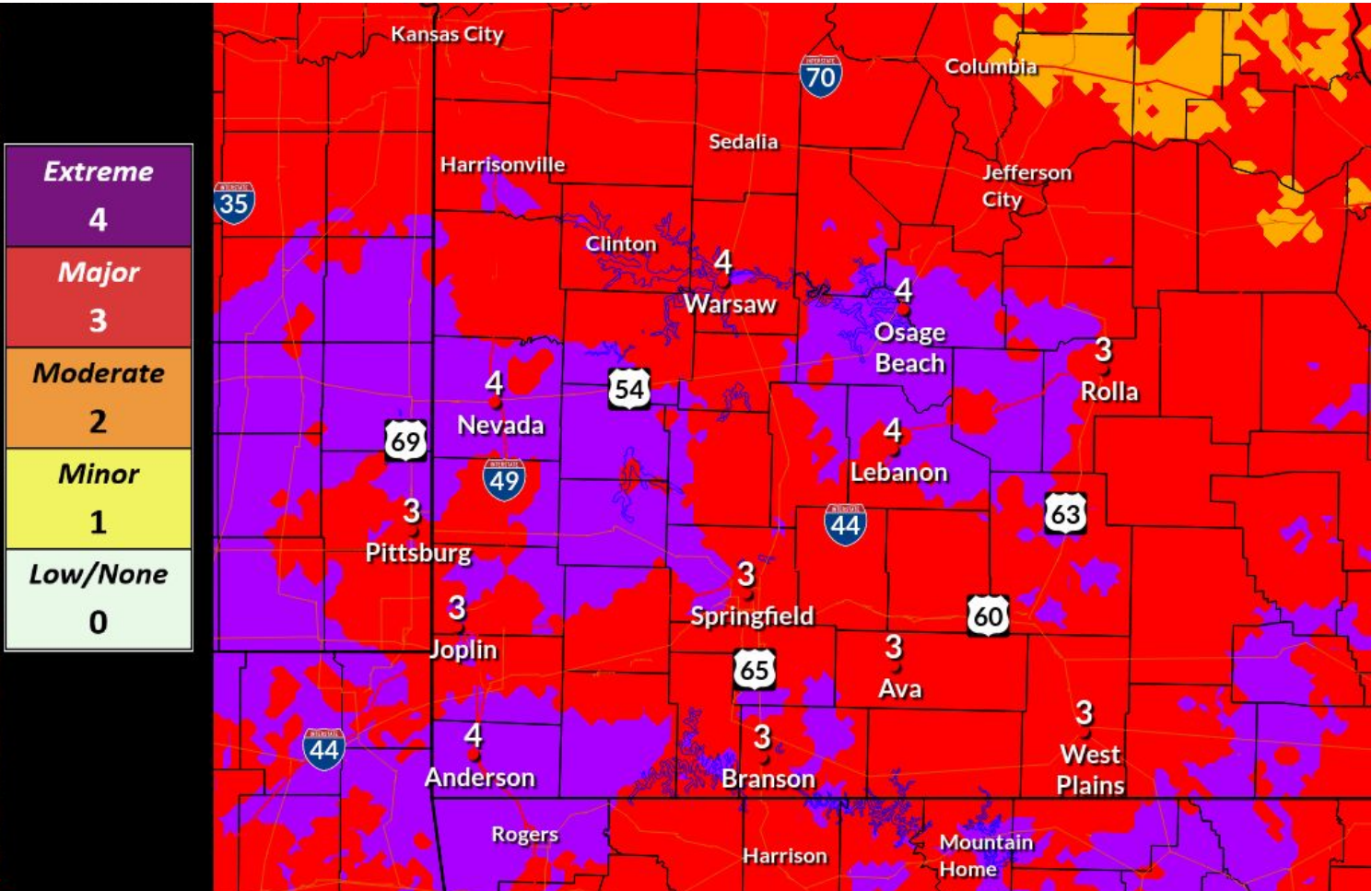
Wet Bulb Globe Temperature (WBGT)			
Threat Level	WBGT (°F)	Effects	Call to Actions
Low	< 78.3	Normal activities.	Take at least 3-5 minutes of breaks each hour if working or exercising in direct sunlight.
Elevated	78.3 – 82.0	Working or exercising in direct sunlight will stress your body after 45 minutes.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



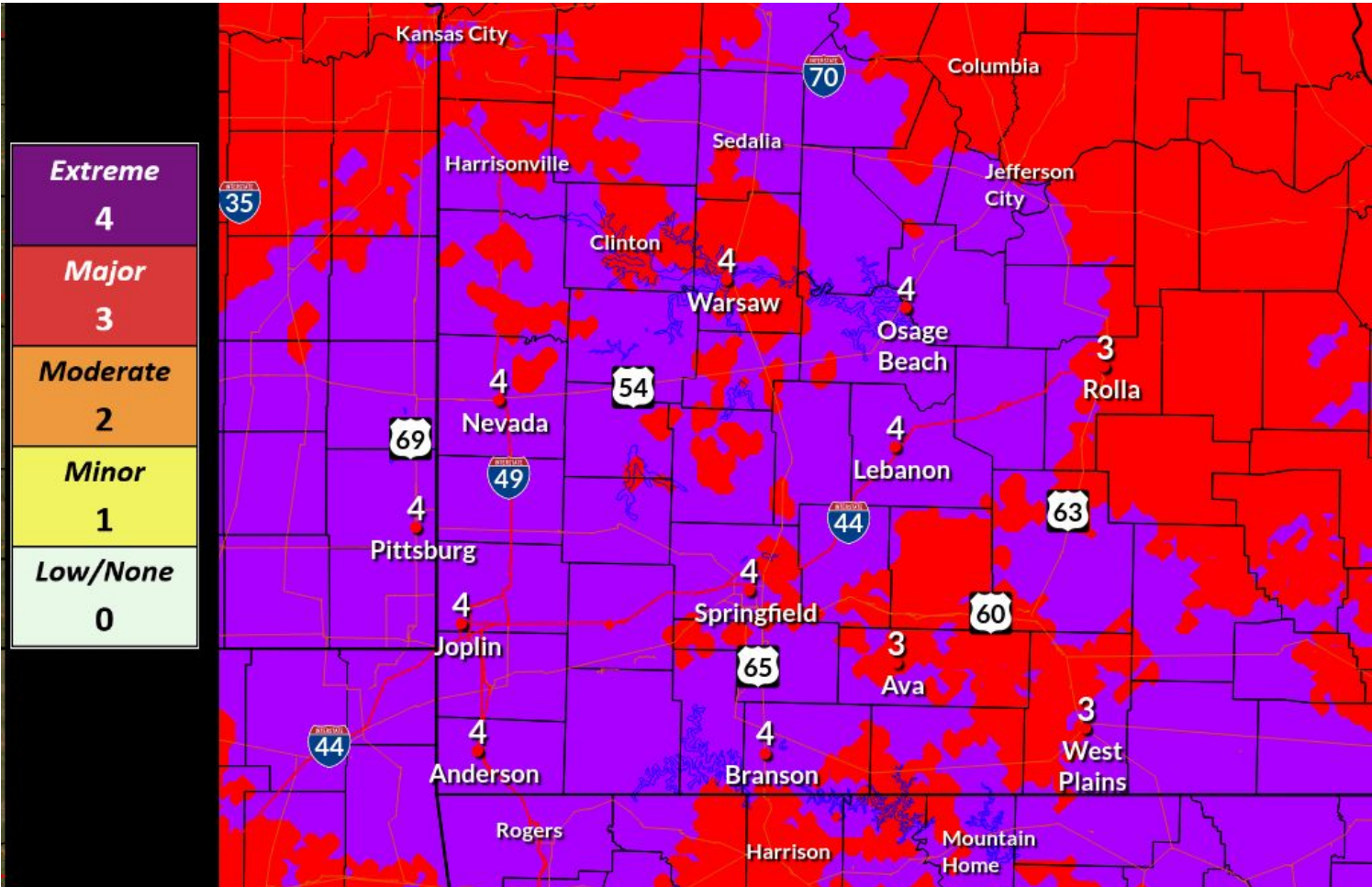


HeatRisk Today and Friday

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HeatRisk Today



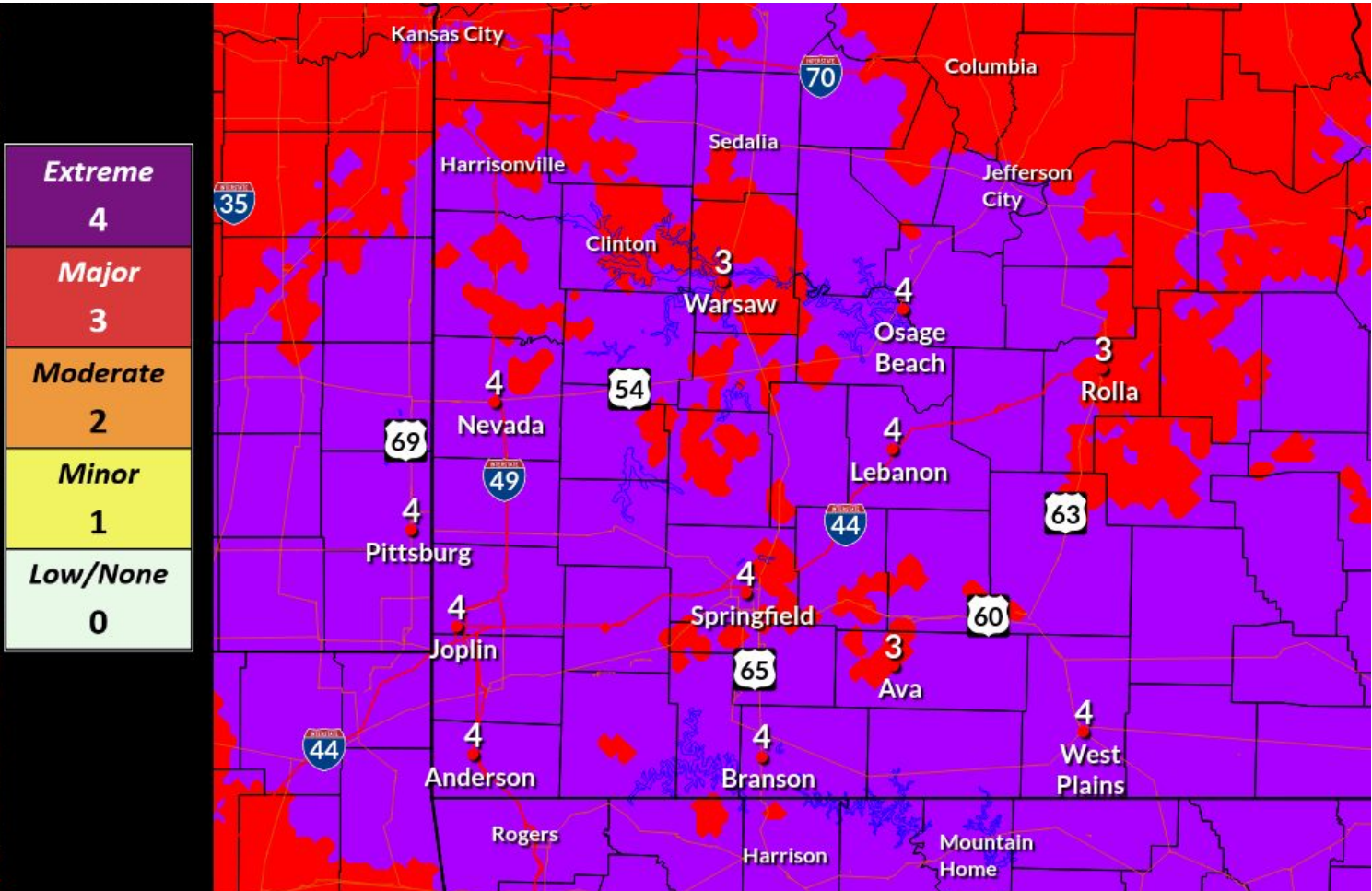
HeatRisk Friday



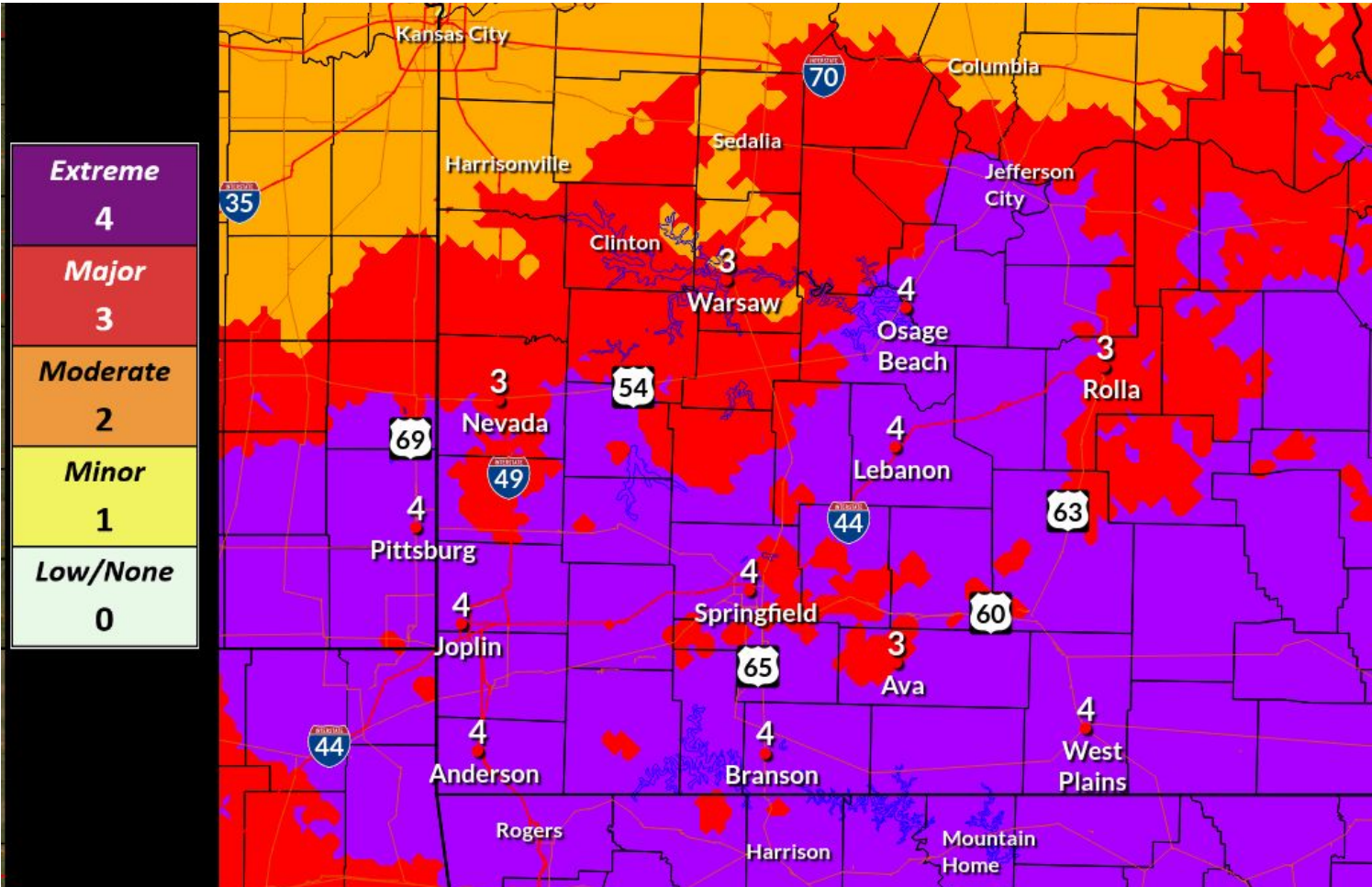


HeatRisk Saturday and Sunday

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HeatRisk Saturday



HeatRisk Sunday





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 Cities

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Maximum Heat Index

	8/13	8/14	8/15	8/16	8/17	8/18
	Thu	Fri	Sat	Sun	Mon	Tue
Bolivar	109	109	106	107	100	100
Branson	110	112	110	112	103	104
Fort Leonard Wood	104	106	106	105	98	98
Joplin	109	109	109	109	99	102
Lebanon	105	106	104	105	97	97
Monett	107	107	105	105	98	100
Mountain Grove	102	105	103	104	99	98
Nevada	109	108	106	106	99	99
Osage Beach	109	110	109	109	98	99
Pittsburg, KS	110	109	109	109	99	101
Rolla	105	106	104	104	96	94
Springfield	108	109	107	107	100	99
Warsaw	110	111	108	107	99	101
West Plains	103	105	104	104	97	97



Maximum WBGT

	8/13	8/14	8/15	8/16	8/17	8/18
	Thu	Fri	Sat	Sun	Mon	Tue
Bolivar	90	90	89	89	86	87
Branson	92	92	91	91	88	89
Fort Leonard Wood	88	90	89	89	86	86
Joplin	91	91	90	91	86	88
Lebanon	89	89	88	89	85	86
Monett	89	89	89	89	85	87
Mountain Grove	88	89	88	88	86	86
Nevada	90	89	88	89	86	87
Osage Beach	90	92	90	91	86	87
Pittsburg, KS	89	89	89	90	86	87
Rolla	89	89	89	89	84	85
Springfield	90	90	90	90	86	87
Warsaw	90	91	90	90	86	87
West Plains	88	89	88	89	85	86



Maximum HeatRisk

	8/13	8/14	8/15	8/16	8/17	8/18
	Thu	Fri	Sat	Sun	Mon	Tue
Bolivar	3	3	3	3	2	2
Branson	3	4	4	4	4	4
Fort Leonard Wood	4	4	4	4	2	2
Joplin	3	4	4	4	3	3
Lebanon	4	4	4	4	2	2
Monett	3	4	4	4	3	3
Mountain Grove	3	3	3	3	2	2
Nevada	4	4	4	3	2	2
Osage Beach	4	4	4	4	2	2
Pittsburg, KS	3	4	4	4	2	3
Rolla	3	3	3	3	1	1
Springfield	3	4	4	4	2	2
Warsaw	3	4	4	3	1	2
West Plains	3	3	4	4	3	2





Heat Index Confidence

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Forecast Confidence Levels

Heat Index > 90

Low

Medium

High

Heat Index > 100

Low

Medium

High

Heat Index > 110

Low

Medium

High

Confidence Details

- Confidence is high in an extended period of hot conditions continuing the rest of this week into the weekend.
- Heat index values around 105 to 110 are expected each afternoon/early evening.
- Highest Heat Index values are expected off the spine of the Ozark Plateau.
- Low chances (5-15%) for an isolated shower and thunderstorm across portions of central MO late this afternoon but most locations will likely remain dry.





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

weather.gov



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Atmospheric Administration
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National Weather Service
Springfield, MO