



Extreme Heat Warning and Advisory

August 10, 2026
1:56 PM

Through Wednesday

Key Messages

- Extreme Heat Warning along a corridor roughly from Joplin to the Lake of the Ozarks Region with daily Heat Index values around 105° to 108°.
- Heat Advisory for locations further south and east with daily heat indices around 100° to 104°.
- Increasing confidence in the need for an extension of heat headlines beyond Wednesday.

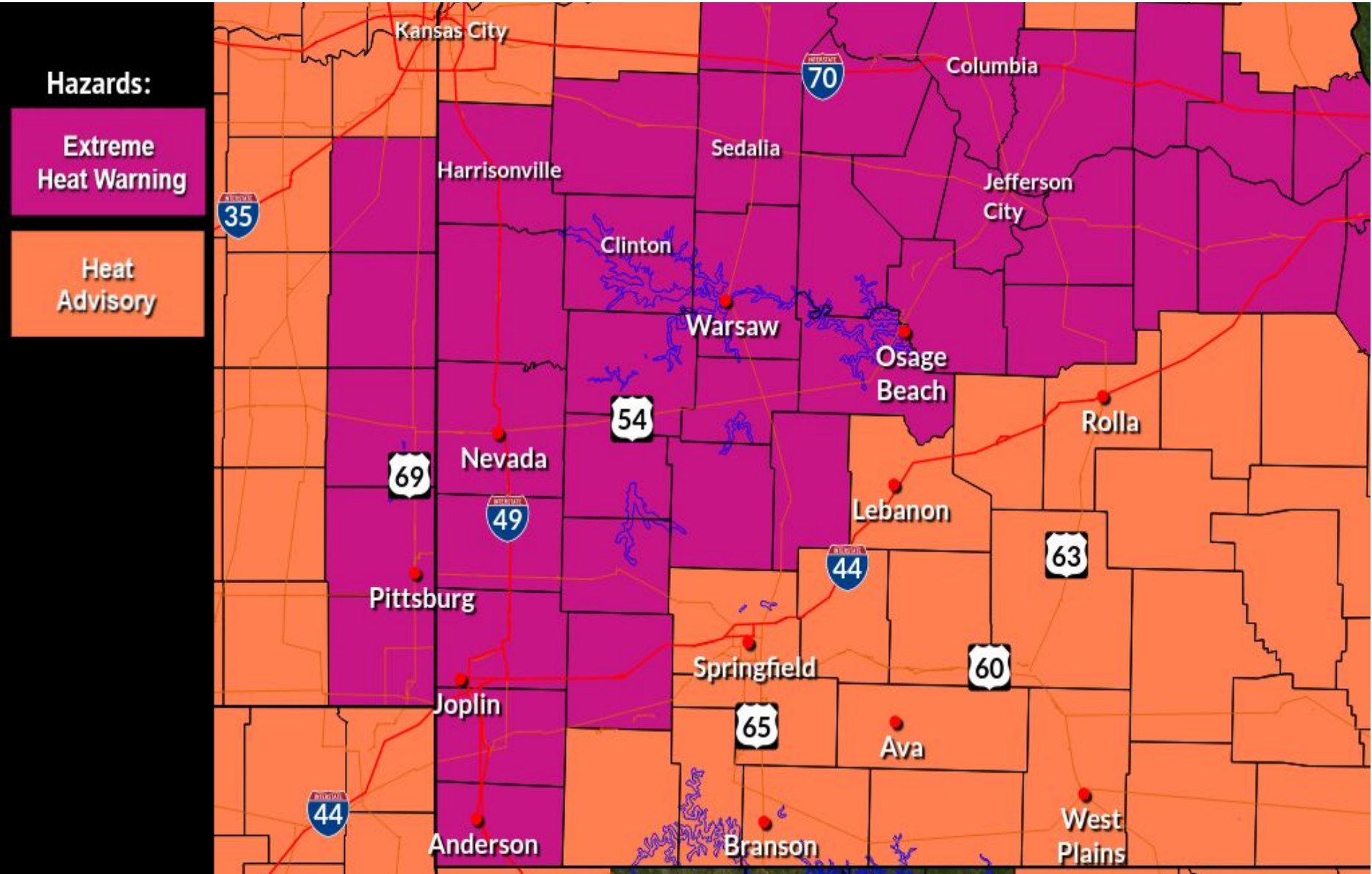
NEW

Important Updates

- Updated Heat Index, Heat Risk, and Wet Bulb Globe Maps Monday through Thursday.

Next Scheduled Briefing

- Tuesday afternoon or as needed.



Heat Headlines





Heat Index Confidence

August 10, 2026
1:56 PM

Forecast Confidence Levels

Heat Index > 90

Low	Medium	High
-----	--------	------

Heat Index > 100

Low	Medium	High
-----	--------	------

Heat Index > 110

Low	Medium	High
-----	--------	------

Confidence Details

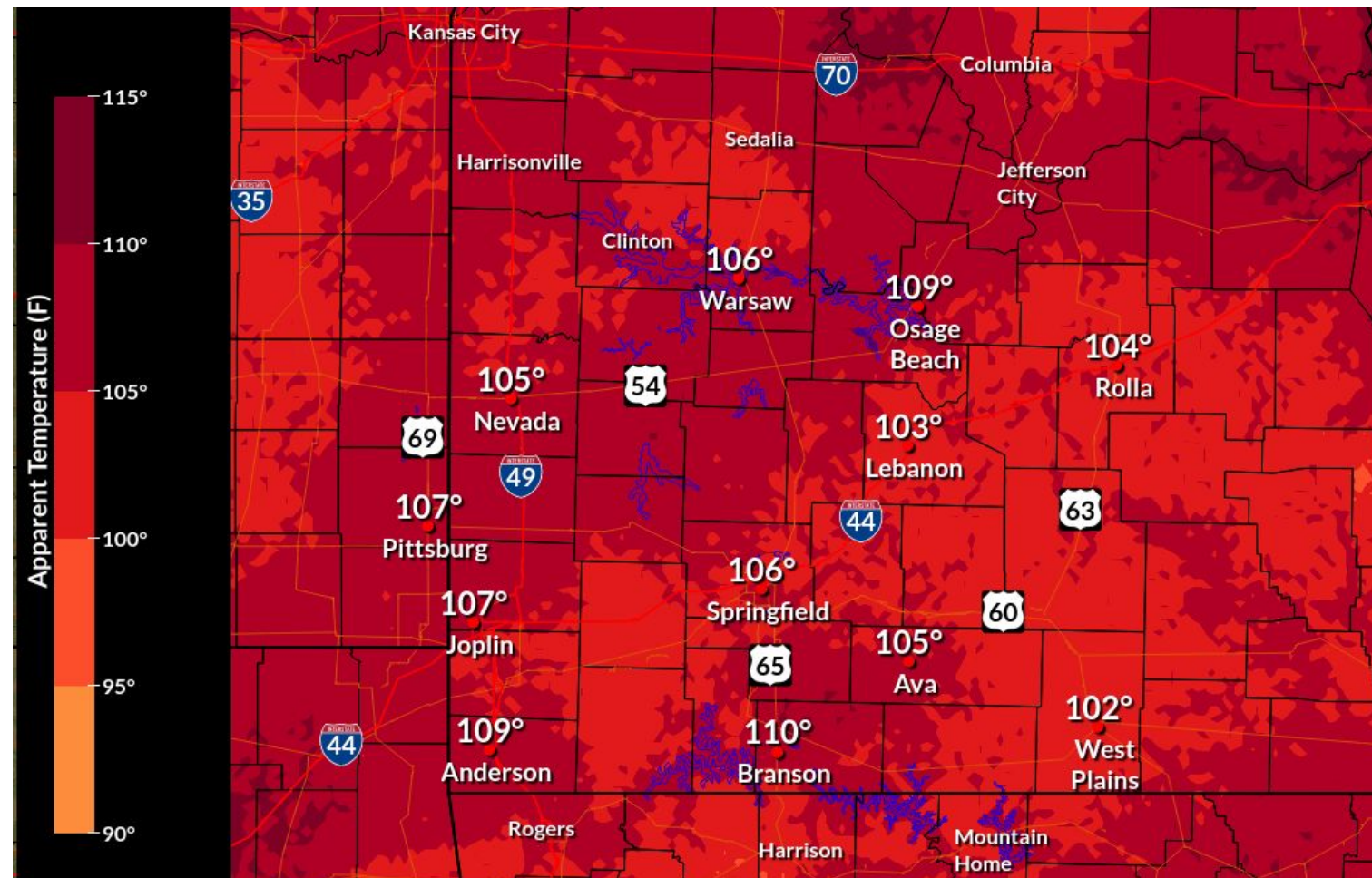
- Confidence is high in an extended period of Heat Index values over 100 degrees.
- Confidence is low that heat index values will reach or exceed 110 degrees.
- Highest Heat Index values are expected just off of the Ozark Plateau (corridor from Joplin to the Lake of the Ozarks).
- There could be a separate corridor of higher Heat Index values around the Branson area, however confidence remains low.



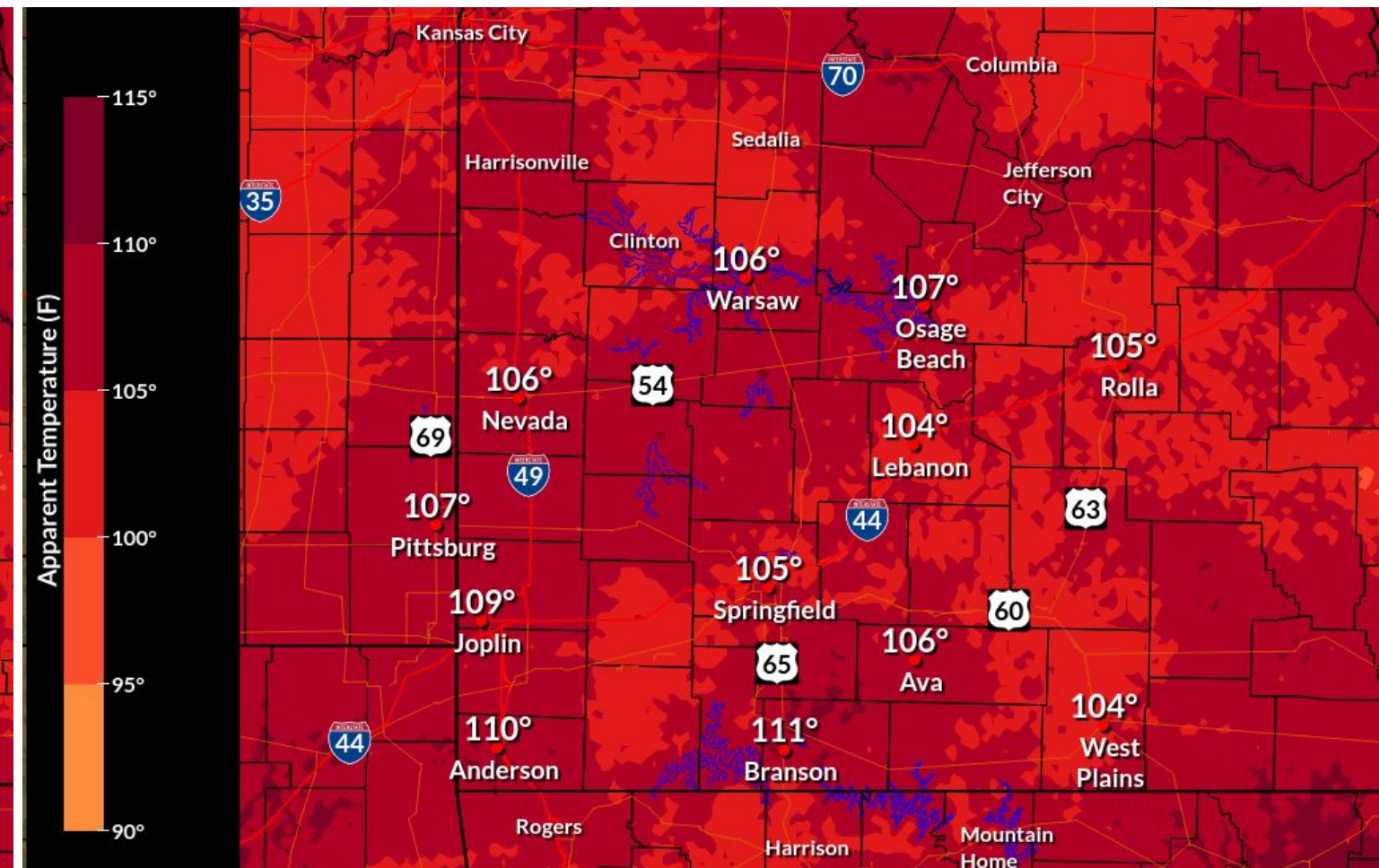


Heat Index Tuesday and Wednesday

August 10, 2026
1:56 PM



Heat Index Tuesday



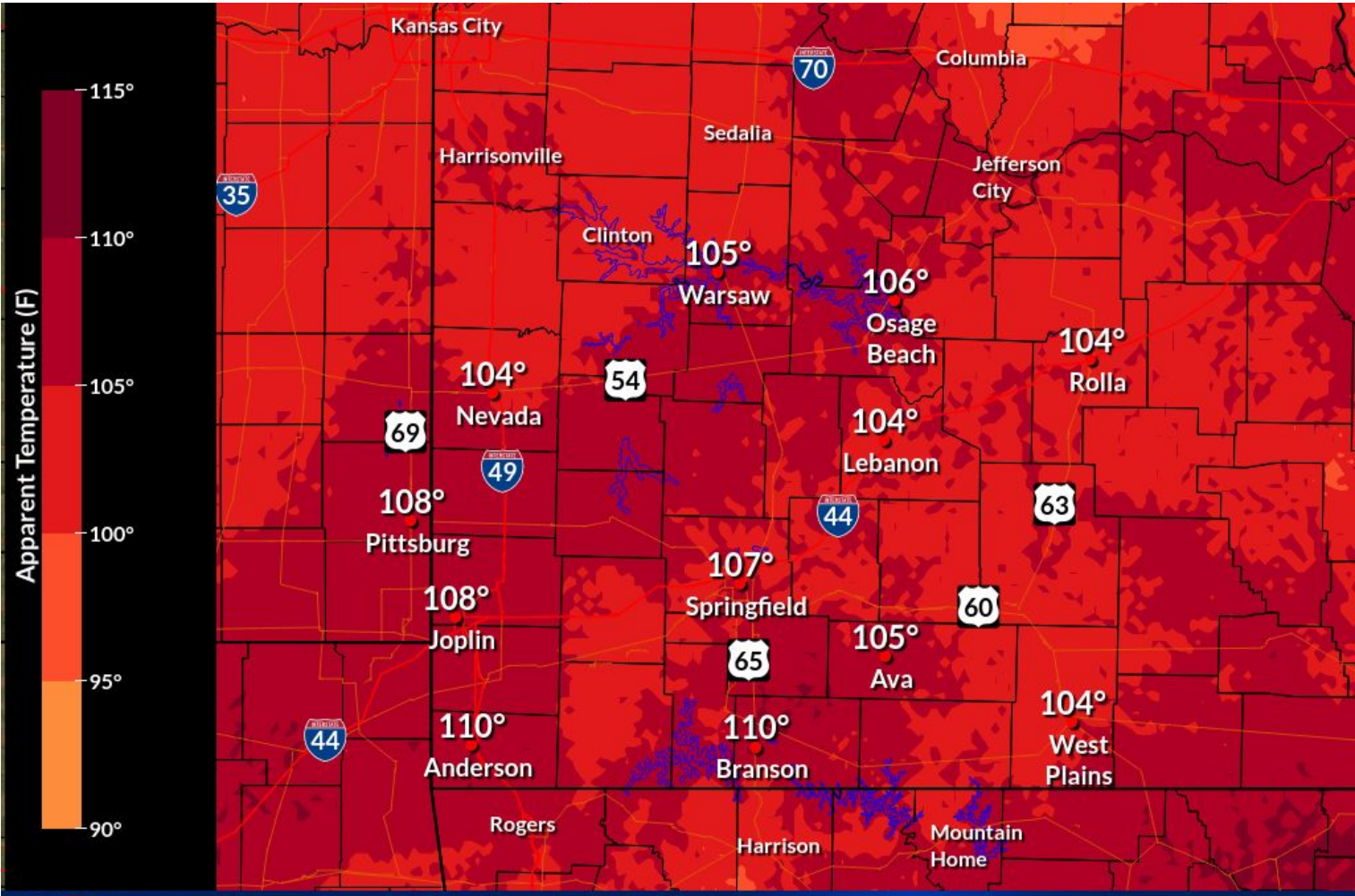
Heat Index Wednesday





Heat Index Thursday

August 10, 2026
1:56 PM



Heat Index Thursday





Understanding Heat Index

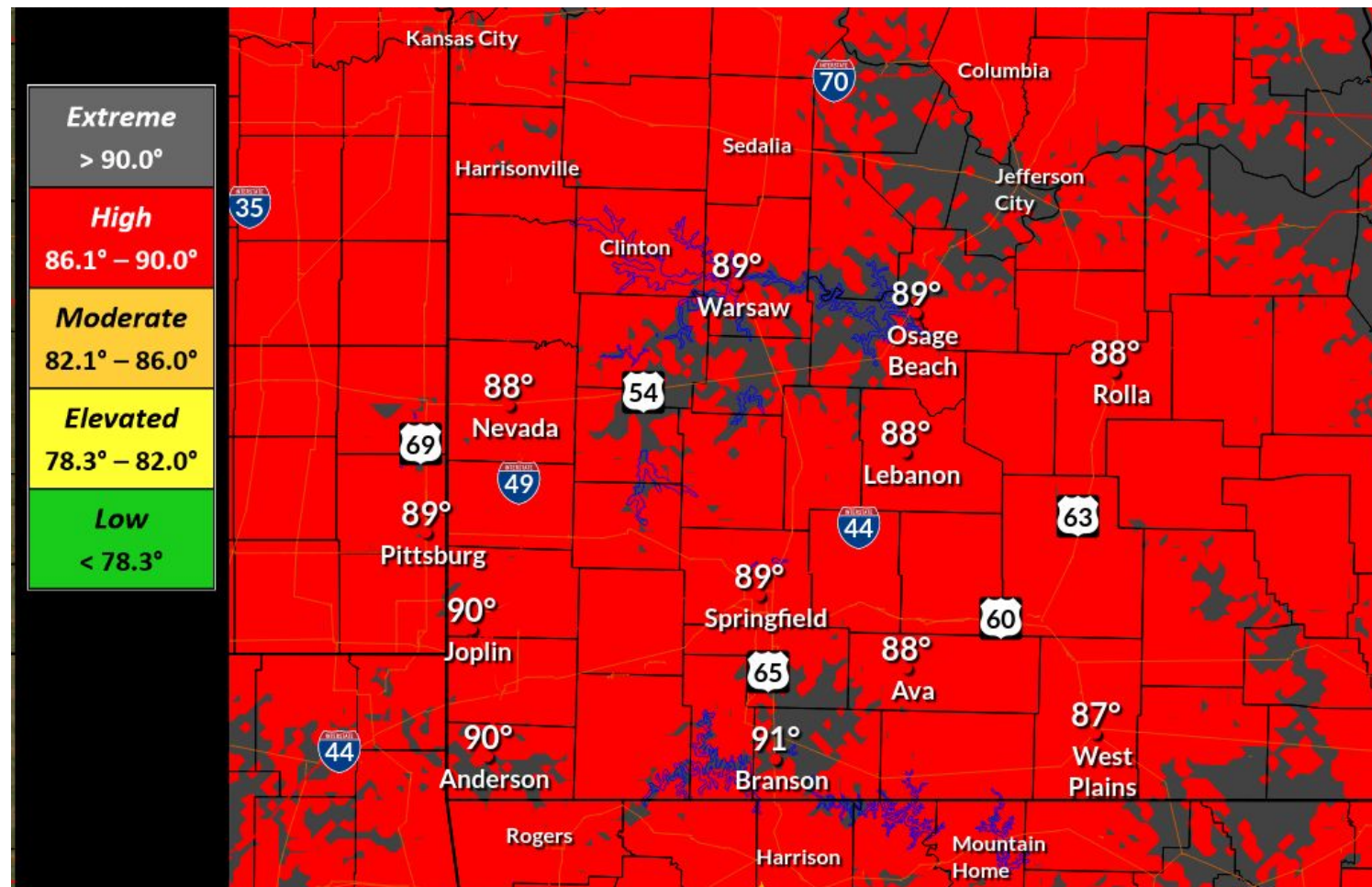
Heat Index		
Classification	Heat Index (°F)	Effect on the Body
Caution	80 to 89	Fatigue possible with prolonged exposure and/or physical activity.
Extreme Caution	90 to 102	Heat stroke, heat cramps or heat exhaustion possible with prolonged exposure and/or physical activity.
Danger	103 to 124	Heat cramps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



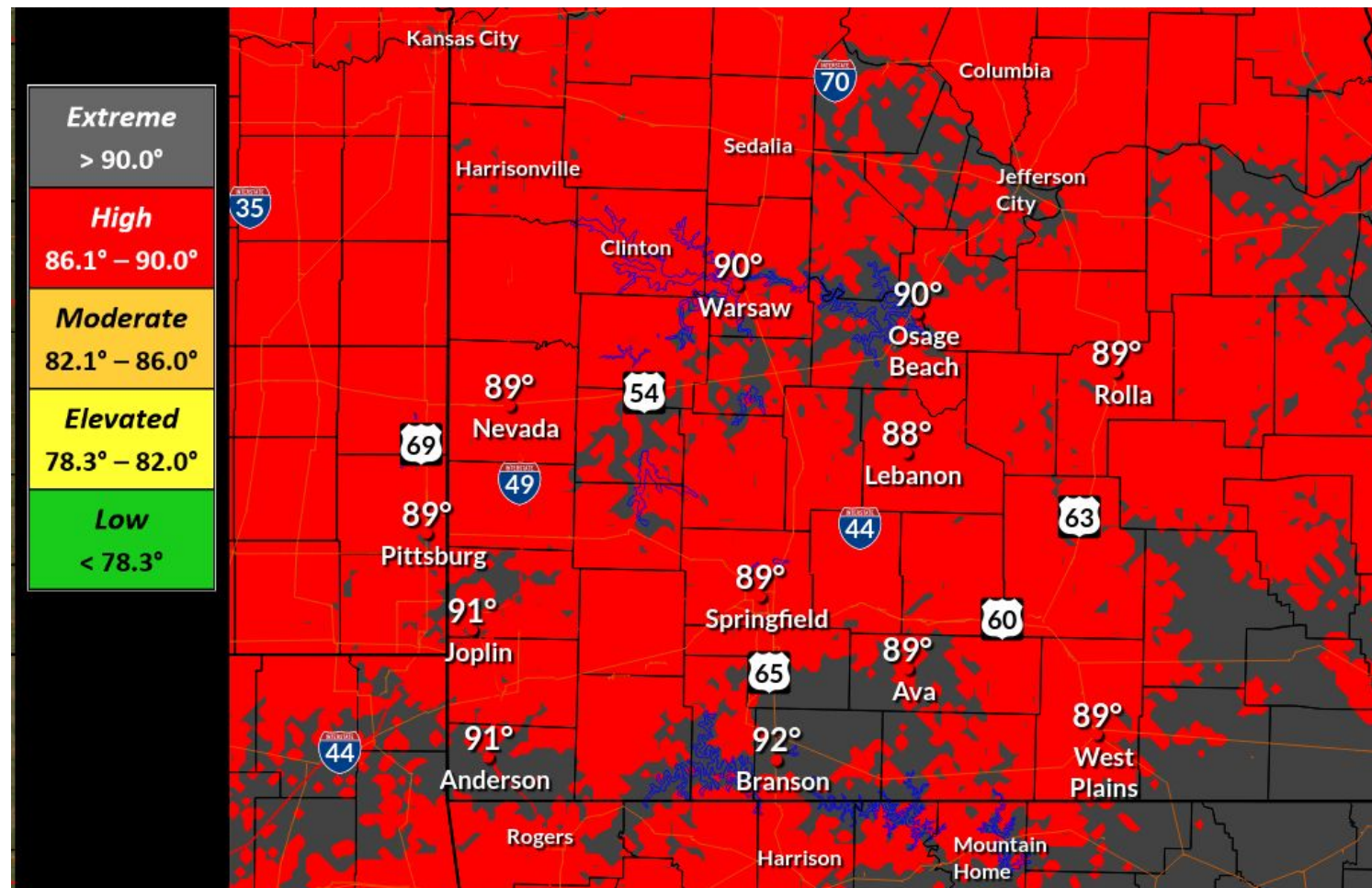


Wet Bulb Globe Temperature Forecast

August 10, 2026
1:56 PM



Maximum WBGT Tuesday



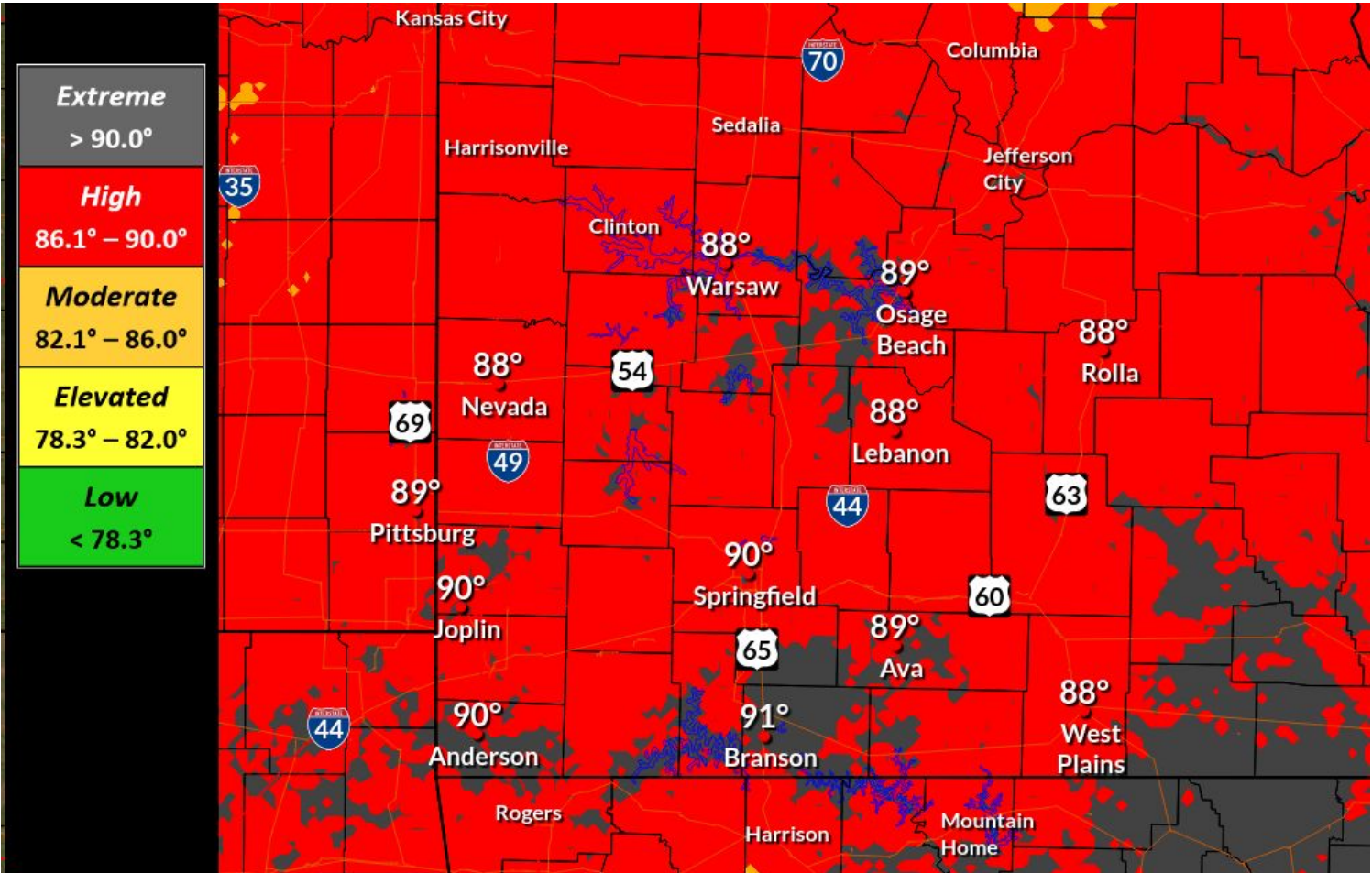
Maximum WBGT Wednesday





Wet Bulb Globe Temperature Forecast

August 10, 2026
1:56 PM



Maximum WBGT Thursday





Understanding Wet Bulb Globe Temperatures

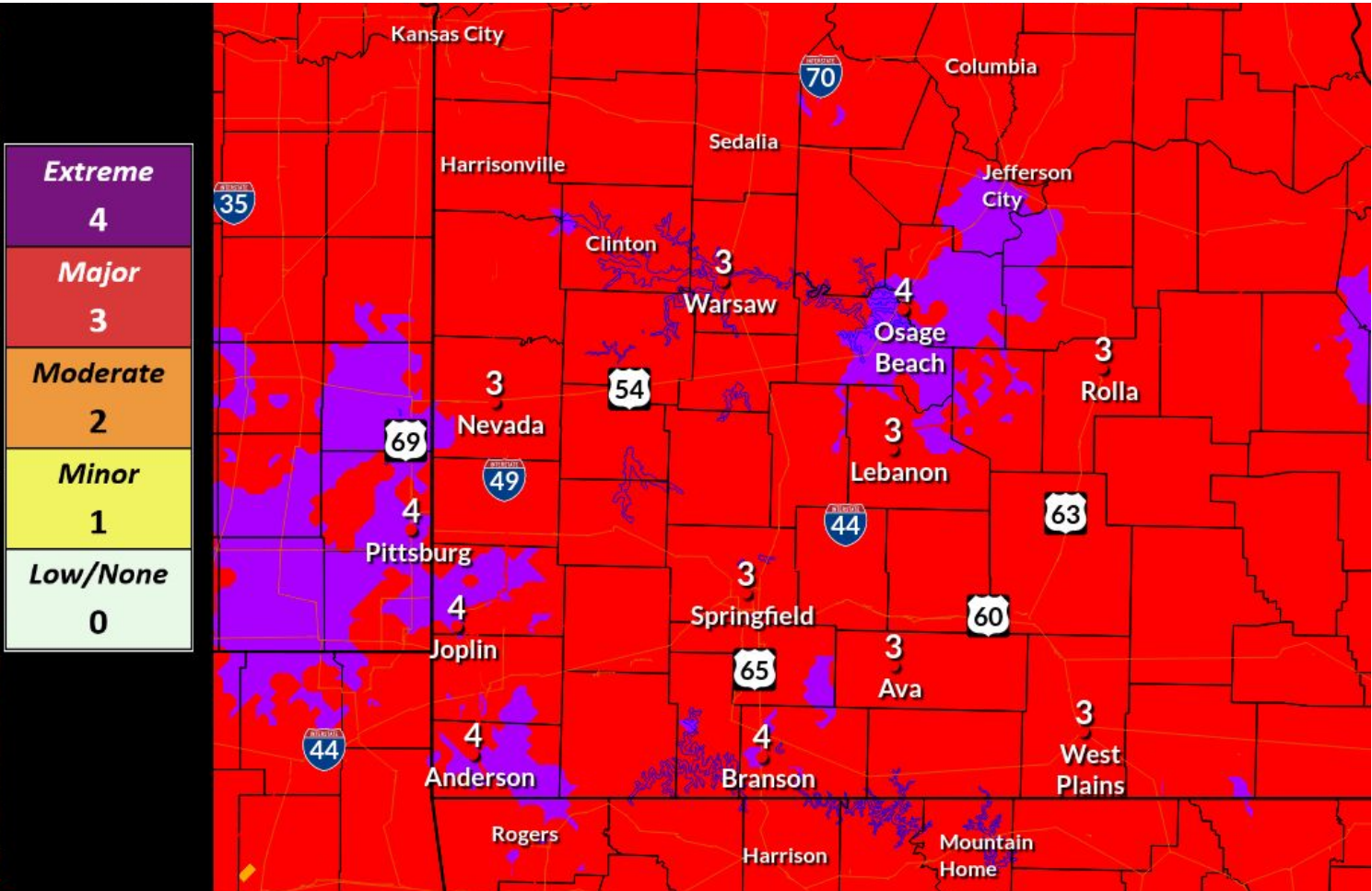
Wet Bulb Globe Temperature (WBGT)			
Threat Level	WBGT (°F)	Effects	Call to Actions
Low	< 78.3	Normal activities.	Take at least 3-5 minutes of breaks each hour if working or exercising in direct sunlight.
Elevated	78.3 – 82.0	Working or exercising in direct sunlight will stress your body after 45 minutes.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



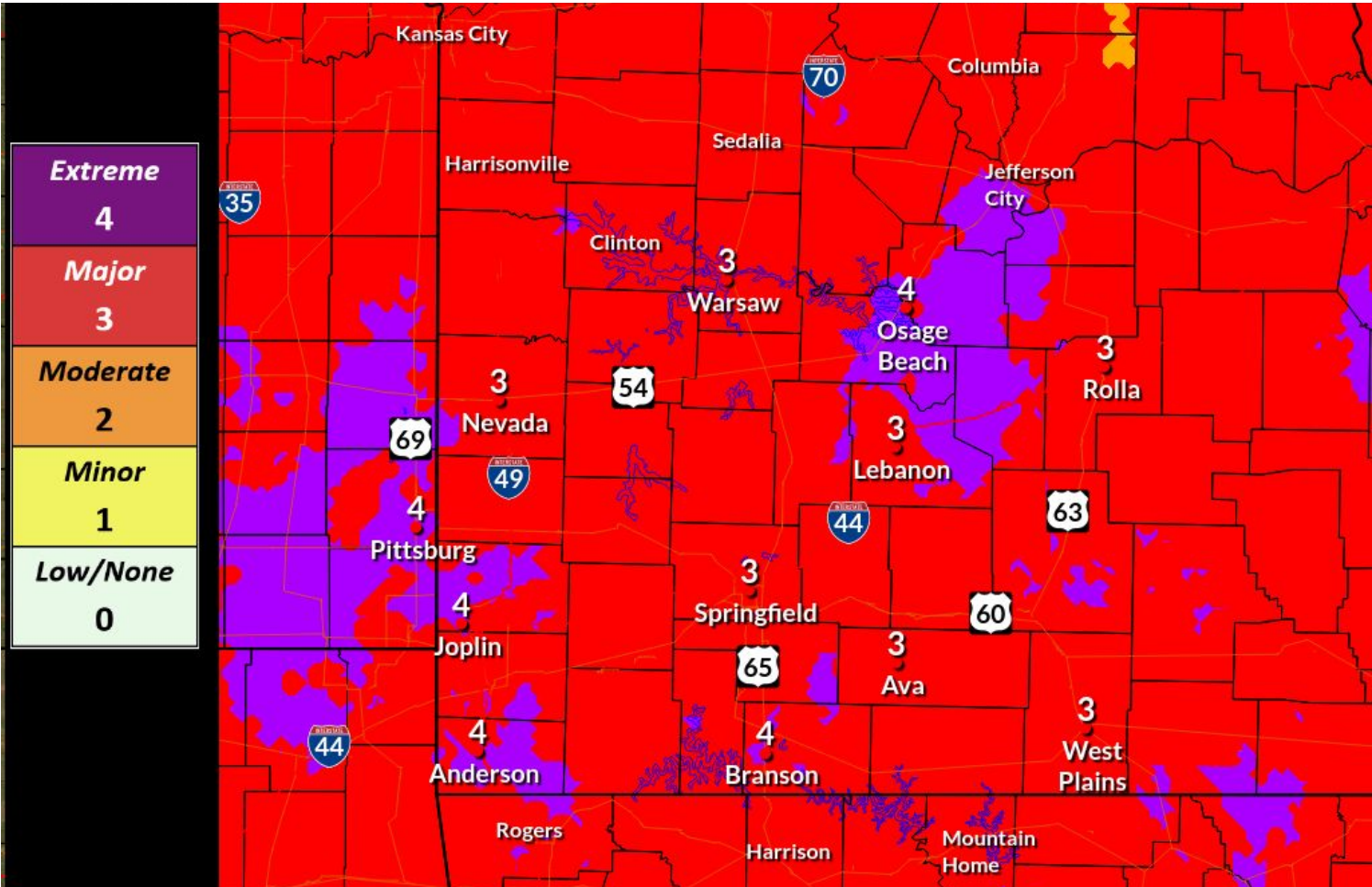


NWS HeatRisk Forecast

August 10, 2026
1:56 PM



HeatRisk Tuesday



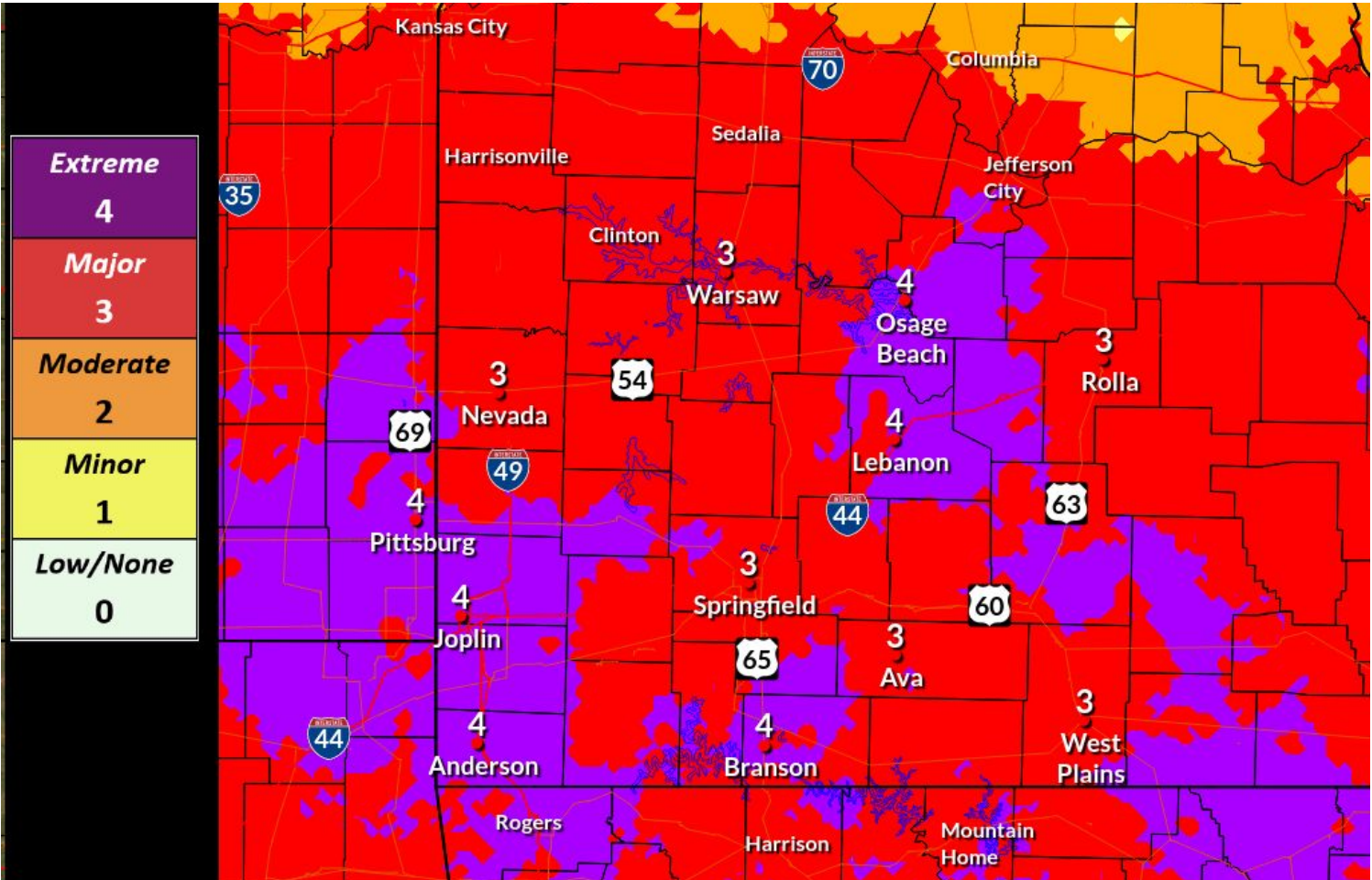
HeatRisk Wednesday





NWS HeatRisk Forecast

August 10, 2026
1:56 PM



HeatRisk Thursday





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>		





CPC Temperatures August 18 – 24

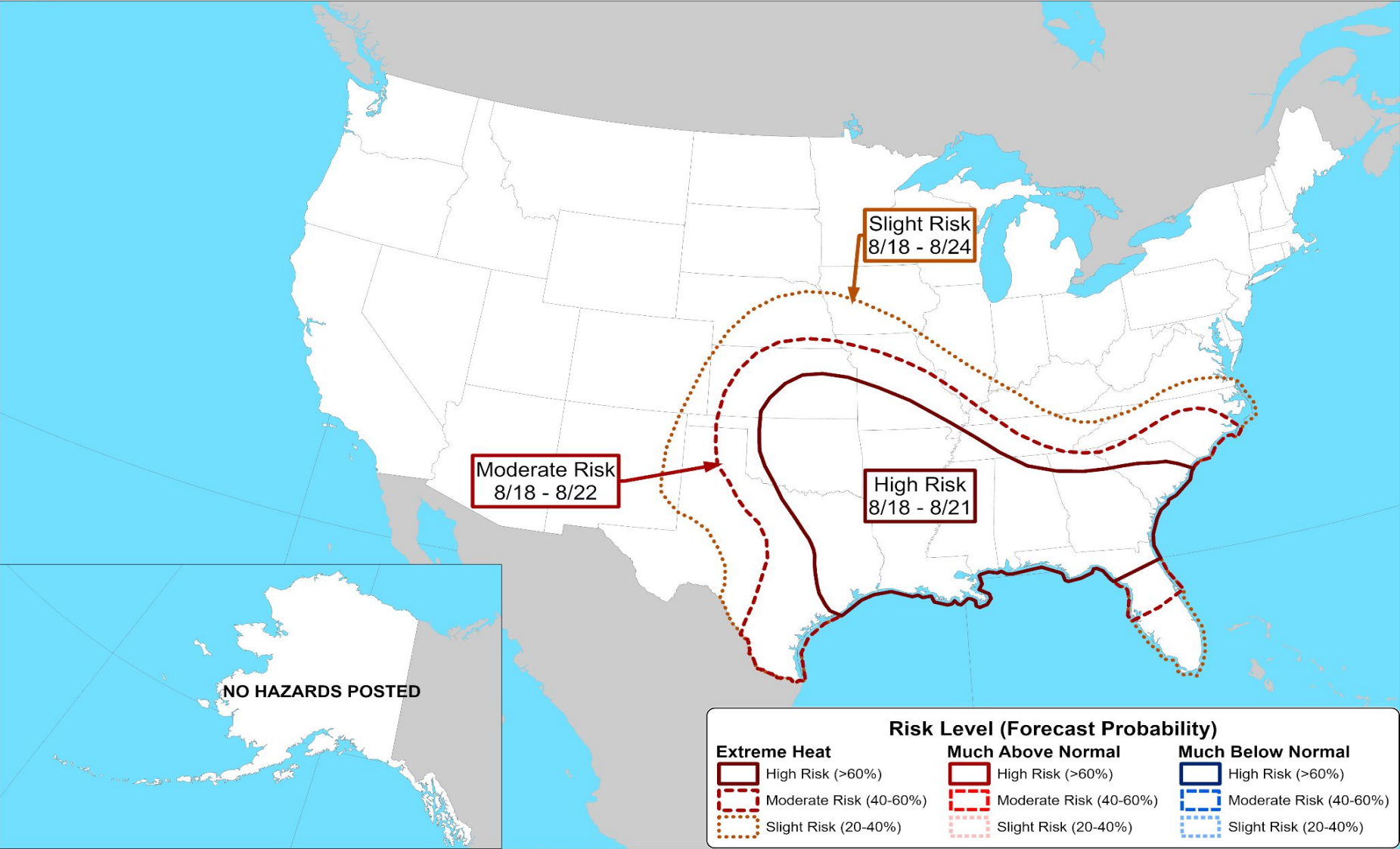
August 10, 2026
1:56 PM

Overview

→ There is a signal for Extreme Heat to continue across southwest Missouri through mid August.



Risk of Hazardous Temperatures Valid: August 18 - 24, 2026



Climate Prediction Center
Released: August 10, 2026 3:00 PM EDT

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





Additional Resources

August 10, 2026
1:56 PM

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](#)

Follow @NWSSpringfield



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