



The Ozark Ambassador

National Weather Service Springfield, Missouri



Summer 2025

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Ozark Ambassador Team

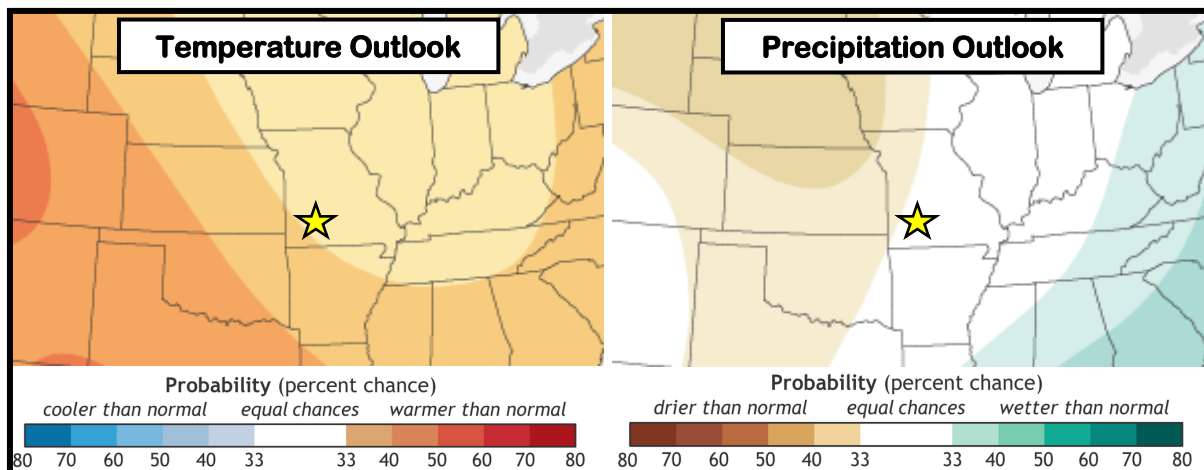
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weather.gov/springfield

Summer Outlook - June through August



The Summer 2025 outlook slightly favors above normal temperatures and slightly favors below normal precipitation across the west. Elsewhere, there are equal chances for below or above precipitation. For more information visit: [Climate Prediction Center](https://climatepredictioncenter.com).

NWS Heat Products

Extreme Heat Watch	Issued for a heat index ≥ 110 degrees or a heat index ≥ 105 degrees for 4 days within 24 to 48 hours.
Extreme Heat Warning	Heat index around 110° or higher. Heat index $\geq 105^{\circ}$ for 4 or more consecutive days.
Heat Advisory	Heat index around 105° or higher. Heat index $100-104^{\circ}$ for 4 or more consecutive days.

EXTREME HEAT WATCH

An Extreme Heat Watch is issued when **dangerous heat is possible**.

Reschedule outdoor activities in the coming days. Make sure that children, the elderly, and pets have a place to cool off during the heat.

Be Prepared.

EXTREME HEAT WARNING

An Extreme Heat Warning is issued when **dangerous heat is happening or about to happen**.

Avoid heavy activity & direct sunlight. Stay hydrated, find a cool indoor place, and check on children, elderly & pets.

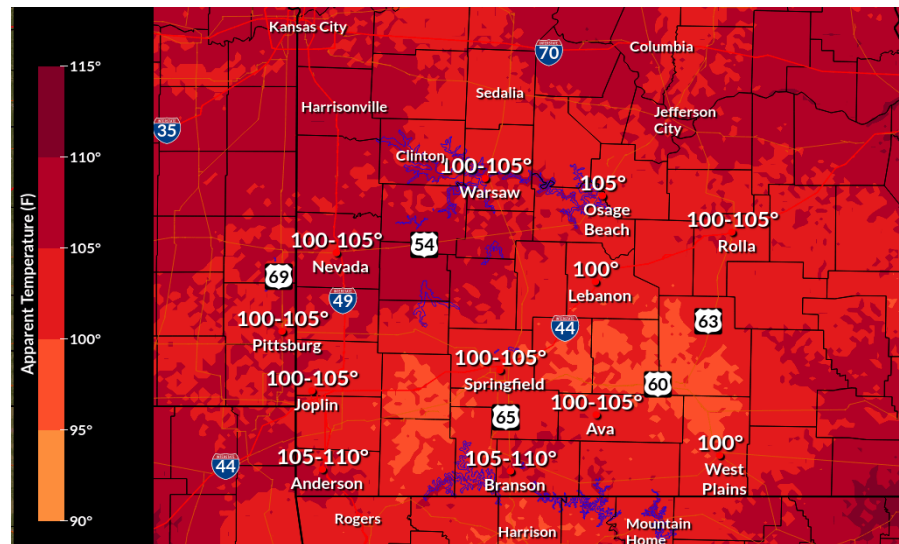
Take Action!

NWS Heat Tools

Heat Index

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.

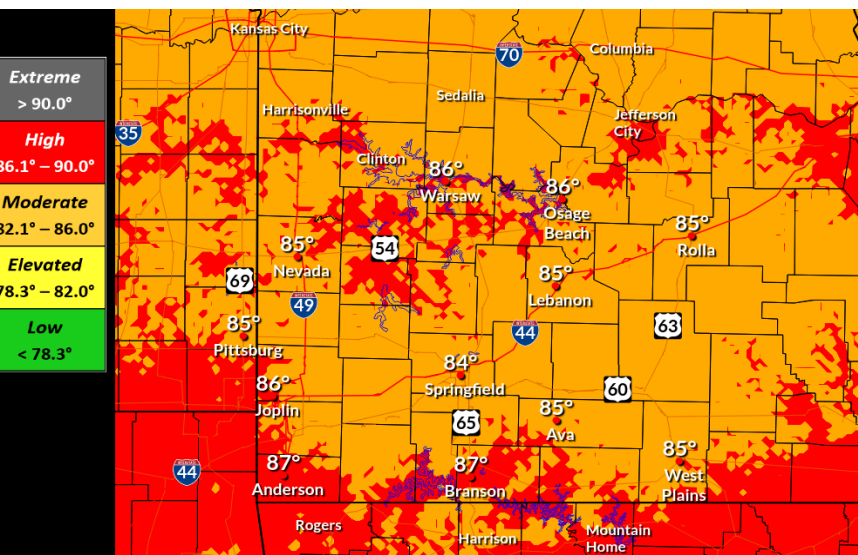
[Heat Index Forecast](#)



Wet Bulb Globe Temperature

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. This is a particularly effective indicator of heat stress for active populations such as outdoor workers and athletes.

[Wet Bulb Globe Temperature Forecast](#)

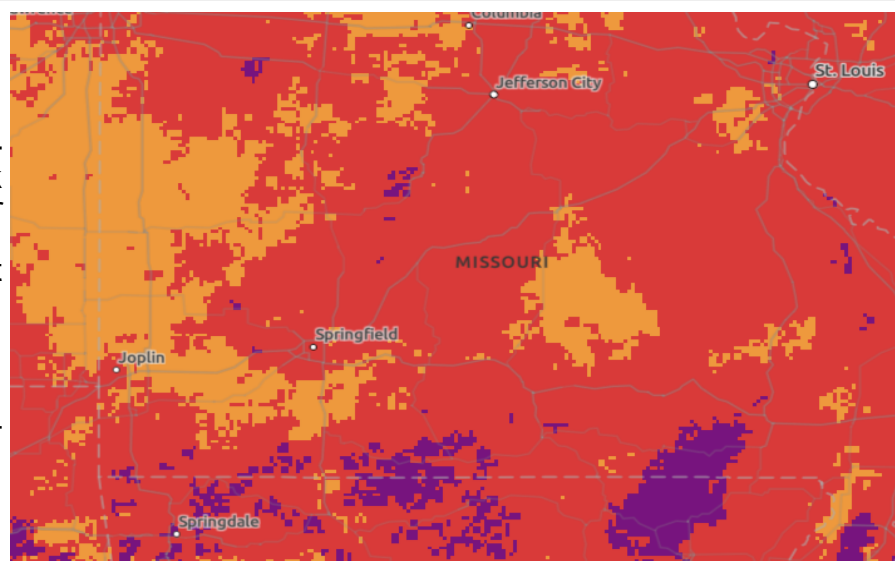


NWS HeatRisk

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 for a specific location, along with identifying groups potentially most at risk at that level. 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.

[NWS HeatRisk Forecast](#)



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.

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.

HeatRisk	Risk of Heat Effects		Risk of Heat-Related Impacts
	0	Little to 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.

Heat Impacts

Dangers of Excessive Heat

Why is Excessive Heat so Dangerous?

Heat becomes especially dangerous if it lingers for more than one day.

Hot days and warm nights don't give our bodies time to cool down.

Heat islands can intensify extreme hot weather, which can cause breathing problems, heat cramps, heat stroke, and may lead to illness or even death.



HEAT WARNING

What can You do?

Check on your friends, family and neighbors during heat waves.

Wear light, loose-fitting clothing and drink water often. Don't wait until you are thirsty.

Avoid unnecessary hard work or activities if you are outside or in a building without air-conditioning.

Stay in an air-conditioned area. Air conditioning is the strongest protective factor against heat-related illness.

Protecting Yourself From Heat

PROTECT YOURSELF FROM HEAT & SUN



Drink plenty of **water** and avoid alcohol. Beverages with electrolytes can also help protect against heat stress.



Apply **sunscreen** (SPF 30 or higher) every two hours.



Wear lightweight, loose-fitting, and **light-colored clothing**.



Take regular breaks in the **shade**.



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Heat Safety

Heat Exhaustion vs. Heat Stroke

Extreme heat is responsible for the highest number of annual deaths among all weather-related hazards.

Tips to keep in mind during high heat:

- Find air conditioning.
- Avoid strenuous activities.
- Wear light clothing.
- Check on family members and neighbors.
- Drink plenty of fluids.
- Watch for heat cramps, heat exhaustion and heat stroke.
- Never leave people or pets in a closed car.

[Heat Illness Safety Information](#)

Heat Exhaustion	Heat Stroke
<p>ACT FAST</p> <ul style="list-style-type: none"> • Move to a cooler area • Loosen clothing • Sip cool water • Seek medical help if symptoms don't improve <p><i>Heat exhaustion can lead to heat stroke.</i></p>	<p>ACT FAST</p> <p>CALL 911</p> <ul style="list-style-type: none"> • Move person to a cooler area • Loosen clothing and remove extra layers • Cool with water or ice <p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>

Symptoms:

- Heat Exhaustion:** Dizziness, Thirst, Heavy Sweating, Nausea, Weakness
- Heat Stroke:** Confusion, Dizziness, Becomes Unconscious

Logos: FEMA, CDC, NIOSH, NOAA

Stay Cool, Stay Hydrated, Stay Informed!

Staying Safe in the Heat

Extreme Heat Planning Timeline

Pre-Season

Start planning before hot weather arrives.

- ✓ Build an emergency kit
- ✓ Make a plan for power outages
- ✓ Become trained in first aid for heat-related emergencies
- ✓ Check that your A/C and fans are in working order

A Few Days Out

If the forecast calls for extreme heat, be ready.

- ✓ Gather food, water, and medication
- ✓ Make a list of friends and family to check on & help them prepare
- ✓ Know your local cooling shelters or other cool locations
- ✓ Reschedule outdoor events

During and After

Remain vigilant and stay informed.

- ✓ Stay in air conditioning and out of the sun if possible
- ✓ Check on friends, family, neighbors, and pets
- ✓ Drink plenty of water
- ✓ Take breaks and use a buddy system if working outdoors

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Understanding Droughts

Drought Impacts

Drought Impacts



Agriculture

Farms, ranches, and grazing lands suffer, and increases the cost of their products



Public Health

A decrease of water can lead to an increase of illness, disease, mortality rates, and adverse mental health



Ecosystems

Harms fish, wildlife, and plants, as well as the benefits these ecosystems provide



Wildfire Management

Dry, hot, and windy weather combined with dried out vegetation can lead to more large-scale wildfires



Manufacturing

Interruptions in the water supply can result in a reduction of productivity or closure of facilities



Energy

Production of all types of energy requires water, and drought can severely impact energy systems and prices

Drought Intensity

Drought Intensity Classification

	D0	Abnormally Dry	Going into drought, short-term dryness slowing planting, growth of crops and pastures; fire risk above average. Coming out of drought, some lingering water deficits, pastures or crops not fully recovered.
	D1	Moderate Drought	Some damage to crops, pastures, fire risk high; streams, reservoirs or wells low, some water shortage developing or imminent, voluntary water use restrictions requested.
	D2	Severe Drought	Crop or pasture loss likely, fire risk very high, water shortages common, water restrictions imposed.
	D3	Extreme Drought	Major crop/pasture losses, extreme fire danger, widespread water shortages or restrictions.
	D4	Exceptional Drought	Exceptional and widespread crop and pasture losses, exceptional fire risk, shortages of water in reservoirs, streams and wells causing water emergencies.

For more information check out the [National Drought Mitigation Center](#) and [National Integrated Drought Information System](#).

Outdoors Weather Safety

Weather-Ready Outdoors

Weather-Ready for Boating?



Strong Winds

Dangerous wind can arrive well before the rain. Reduce speed and head to shore if alerted to high wind. Always wear a life jacket when on a boat.



Lightning

If you hear thunder or see lightning, it's time to stay in the cabin or head to shore.



Fog

If fog forms, slow down and turn on your lights. Listen for other boats around you or check radar.



Weather-Ready for Nature?



Flash Flooding

Heavy rainfall can cause flooding in a flash. Use caution when hiking in canyons or camping near streams and rivers.



Excessive Heat

Bring extra water and remain hydrated. Use sunscreen and wear light, loose-fitting clothing. Take breaks in the shade.



Lightning

If you hear thunder or see lightning, go immediately to an enclosed building or hard-topped vehicle (if possible). Avoid isolated tall trees or ridge tops.



Know Before You Go!

A clear sky doesn't mean that you're out of the woods.

Check [weather.gov](https://www.weather.gov) to know if extreme heat, storms, or other hazards could be on the horizon.



Remaining Weather-Aware

STORM PLANNING TIMELINE

A few days out

If the forecast calls for severe weather in a few days, start preparing now.

-  Make sure that you have emergency supplies
-  Know your safe places
-  Have a family communication plan

The day before

The day before, forecast accuracy continues to improve.

-  Adjust plans
-  Make sure your phone can receive WEAs
-  Ensure your shelter is clean and accessible

The day of

Remain vigilant and aware of any active Watches. A Warning may be issued at a moment's notice!

-  Remind your family of the communication plan
-  Know how to evacuate and/or get to safety from wherever you are
-  When a Warning is issued, you may only have seconds to take action!

weather.gov



Wireless Emergency Alerts (WEA)

can alert you when weather threatens!



WEAs are emergency messages sent by government authorities to your mobile phone, reserved for life-threatening situations.



Keep WEAs enabled on your phone. It could save your life or the lives of others.

 **TORNADO WARNING!**

weather.gov



Sending Storm Reports

Reporting Severe Weather

Hail



Diameter of the largest stones. Looking for reports of near or above severe limits (1.00 in).

Wind



Measured speed and/or damage. Include tree or limb diameter, tree health, uprooted or snapped.

Tornado



Confirming funnel clouds, rotating wall cloud, or damage. Tell us why you can confirm it is rotating or on the ground?

Flood



Washed out or flooded roads, rain measurements. Are businesses or homes being impacted?

Reports that come in as the storm is in progress are much more valuable than reports that come in hours after the storm is done. Can trigger or keep warnings active. NWS relays storm reports through warnings.

Measuring Hail



Peas
 $\frac{1}{4}$ "



Penny
 $\frac{3}{4}$ "



Quarter
1"



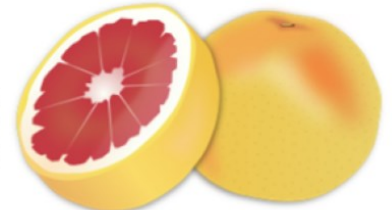
Golf ball
 $1\frac{3}{4}$ "



Tennis ball
 $2\frac{1}{2}$ "



Baseball
 $2\frac{3}{4}$ "



Grapefruit
 $4\frac{1}{2}$ "

Compare the hail to common, everyday objects.

Remember to include measured hail size, a picture, time it occurred, and approximate location!

Make sure to compare to an object that is consistent in size, i.e. NO marbles!

Ways to Send Reports

Building a Weather-Ready Nation

Becoming a Weather-Ready Nation Ambassador

What do Weather-Ready Nation Ambassadors Do?

Promote Preparedness and Resiliency:

- ✓ Follow our social media and share our hazardous weather and safety posts.

Collaborate with the NWS:

- ✓ Let us know how we can help you and your community become more weather ready.

Serve as an example:

- ✓ Educate employees on workplace preparedness and encouraging personal preparedness at home.



[Click here to Learn More about Becoming an Ambassador](#)

Scan the QR code to Apply today!

Following the NWS and Summer Safety Resources



Office: (417) 863-8028



contact.sgf@noaa.gov



weather.gov/springfield



[@NWSSpringfield](https://www.facebook.com/NWSSpringfield)



[@NWSSpringfield](https://twitter.com/NWSSpringfield)



[Youtube.com/NWSSpringfield](https://www.youtube.com/NWSSpringfield)



Spring Weather Safety Resources

weather.gov/safety

Additional Webpage Resources

[National Integrated Heat Health Information System \(NIHHIS\)](#)

[Missouri SEMA Heat Safety](#)

[Kansas Department of Health and Environment](#)

[CDC Tips for Preventing Heat Related Illness](#)

[NIOSH Heat Stress Safety](#)

[Missouri Cooling Centers](#)

[Weather Story](#)

[DSS Packet](#)

[Climate Prediction Center](#)

[GHWQ](#)

[Point and Click Forecast](#)

[National Hurricane Center](#)

[Weather Prediction Center](#)

[Storm Prediction Center](#)

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