



Very Hot Temperatures On The Way

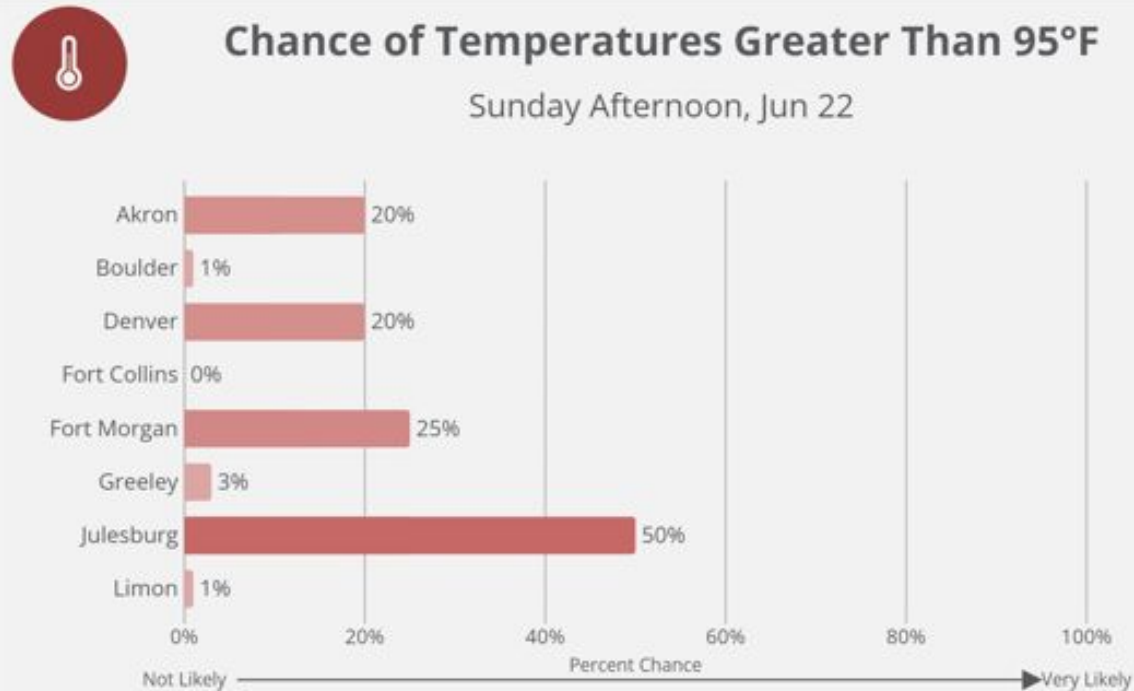
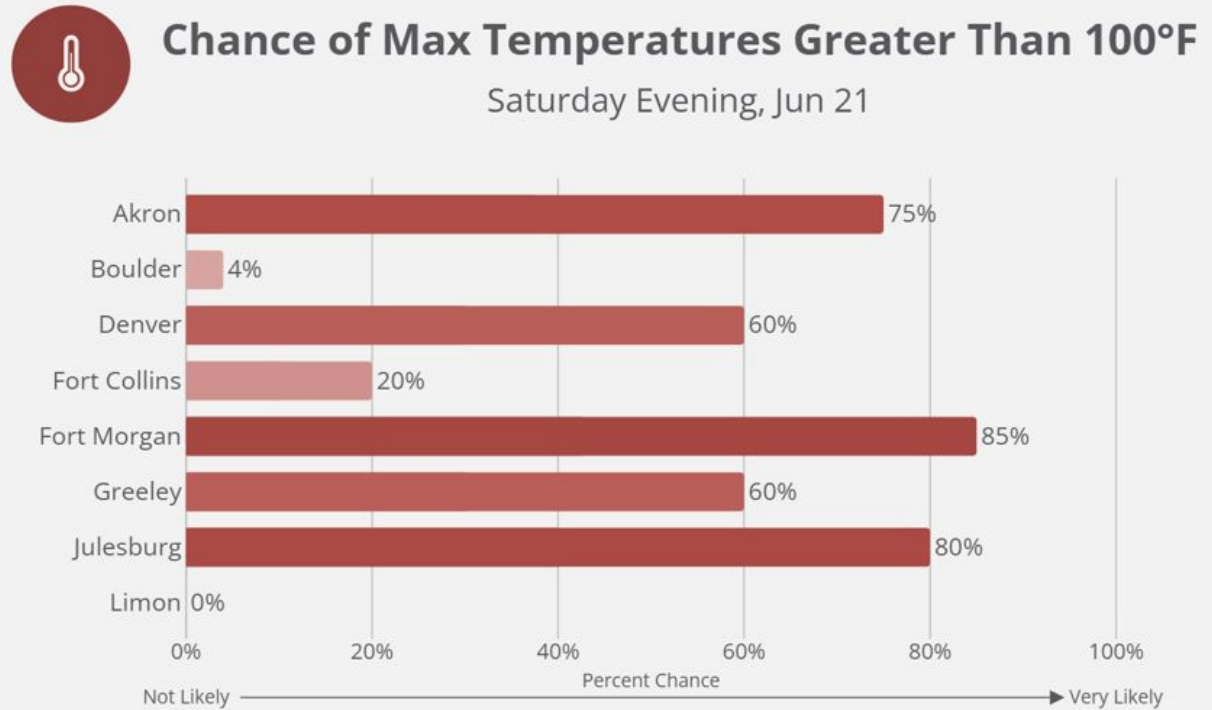
June 20, 2025
6:02 PM

Friday through Sunday

Key Messages

→ Extreme heat on Saturday

- ◆ High likelihood (80%+) of triple digit heat over I-25 Urban Corridor & plains on Saturday
- ◆ Not as hot on Sunday, highs 92 to 97



Strong winds Sat - Sunday may lead to areas of enhanced or critical fire weather conditions, if fuels are considered receptive



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

National Weather Service
Denver/Boulder, CO



Heat Advisory

June 20, 2025
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11 AM to 6 PM Saturday

Key Messages



Hot temperatures around 100 degrees in the Denver metro and up to 103 across the eastern plains.



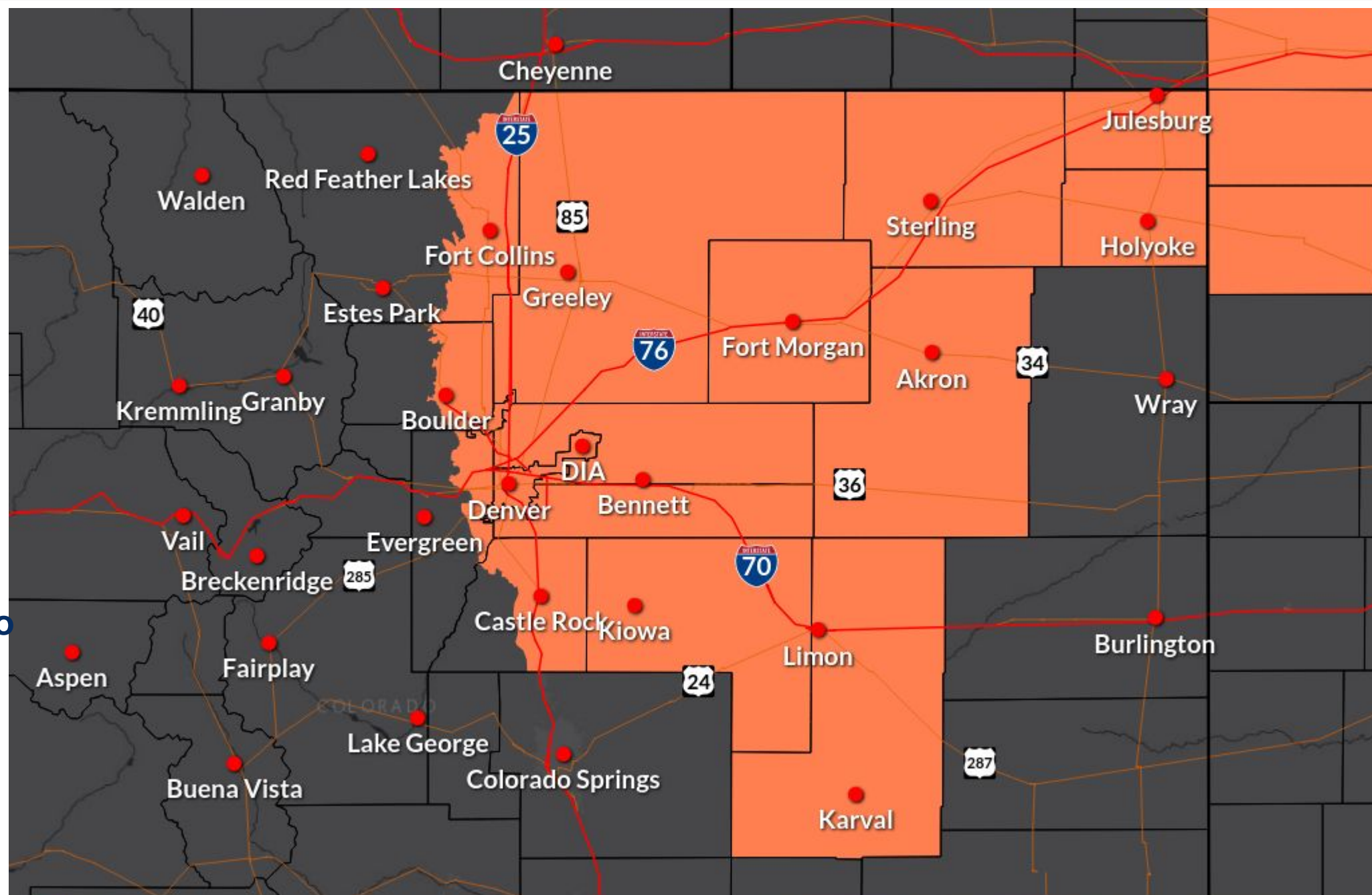
Across the lower elevations of east central, north central, & northeast Colorado.



Worst heat will be from 11 AM to 6 PM on Saturday.



Hot temperatures may cause heat illnesses.



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WHAT IS HEAT RISK?

HEAT-HEALTH RELATIONSHIPS



Geographically varying heat health thresholds modeled by the CDC play a vital role in Heat Risk determination, and help tie forecasts to impacts.

COMPONENTS OF HEAT RISK

TEMPERATURES



Whilst high/low temperatures are both used, Heat Risk is not overly dependent on overnight lows, resulting in a more representative index for high-altitude locations such as Denver.



Humidity is not a direct input for Heat Risk, but due to its known influence on temperature, its effects are nonetheless factored in.

TIME OF YEAR



Early season heat can pose a higher risk, as people will not yet be acclimated to excessive heat.

HEAT DURATION



Prolonged heat and lack of overnight relief considerably increase Heat Risk.

LOCAL CLIMATOLOGY

Considers how much above normal the temperatures will be at any given location (using 30-year average).

HEAT RISK CATEGORIES



No Risk



Low Risk | For those very sensitive to heat



Moderate Risk | For those who are sensitive to heat (especially those without effective cooling/hydration)



High Risk | For much of the population



Very High Risk | For the entire population due to long duration heat and little to no overnight relief



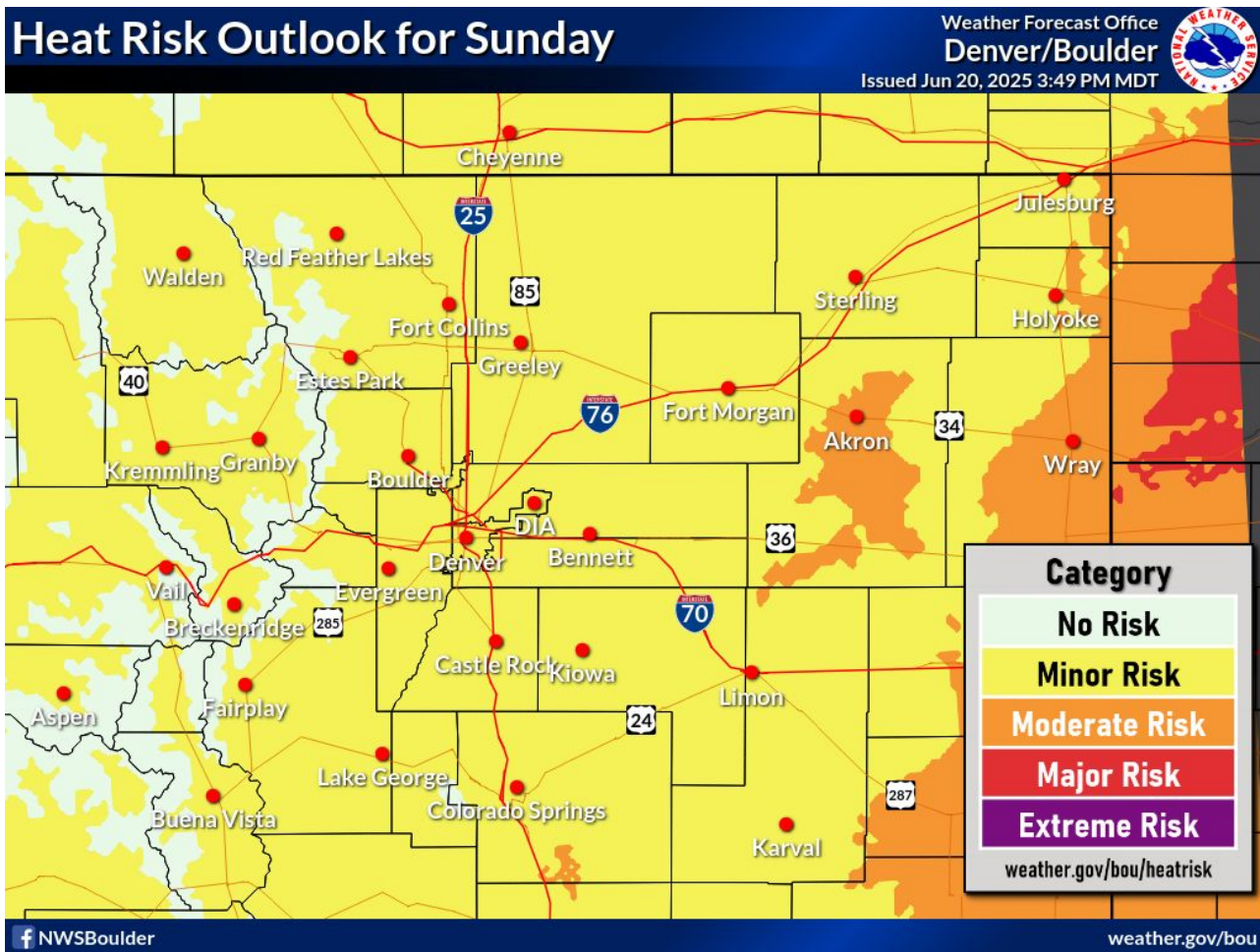
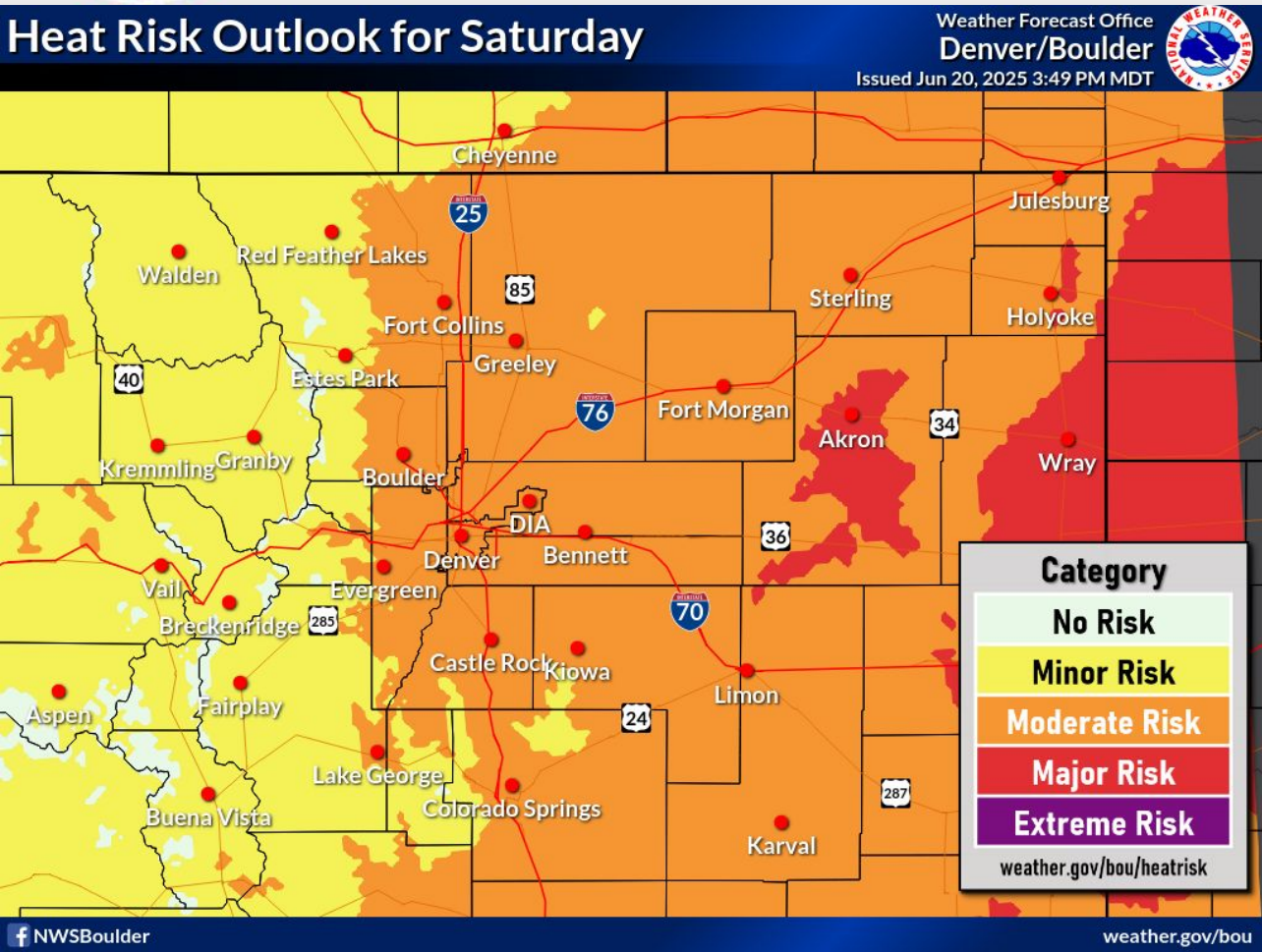
NATIONAL WEATHER SERVICE
OCEANIC AND ATMOSPHERIC ADMINISTRATION

Boulder



Heat Risk

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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**.



weather.gov

