Key Messages:

- **UPDATE:** Heat Advisories have been issued for a large portion of the area for the expected hot temperatures this afternoon.

- A strong high pressure system to our west will spread increasingly hot temperatures across Eastern Kentucky today.

- Widespread high temperatures in the 90s are expected today with maximum heat indices of 100 to 110°F west of Pine Mountain.

- The highest heat indices are expected west of I-75, north of I-64 and in the broader Coalfield river valleys.

- Near and east of Pine Mountain, maximum heat indices of 95 to 105°F are expected.

- Visit weather.gov/safety/heat for heat safety tips.
Key Messages:

- SPC has placed eastern Kentucky in a marginal risk for severe weather this afternoon.
- The greatest threat with thunderstorms is damaging wind.
- Please continue to monitor forecasts for potential changes to the severe weather risk.
Heat Impacts: Vulnerable Populations

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.

- **PREGNANT**
- **NEWBORNS**
- **CHILDREN**
- **ELDERLY**
- **CHRONIC ILLNESS**

⚠️ NEVER leave anyone alone in a closed car

💧 Drink plenty of water, even if not thirsty

🌡️ Use air conditioners and stay in the shade

👕 Wear loose-fitting, light-colored clothing

weather.gov