

Hot & Oppressively Humid

Heat Advisory in effect through Thursday



extreme

3 - major

moderate

minor

little/none

HeatRisk

What to Expect

- Afternoon temperatures in the low to mid 90s each day. Heat index values of 100-110.
- **Major** risk for heat-related illness - affecting anyone without adequate cooling and hydration
- Tuesday through Thursday are the hottest days: highs in the mid 90s and heat index of 105+

Actions to Take



Hydrate

drink before you are thirsty



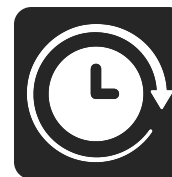
Wear Light Clothing

lightweight and light colored



Stay in Air Conditioning

especially during the day



Avoid Outdoor Activities

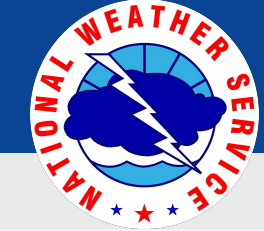
during the warmest parts of the day



National Weather Service • Louisville, KY

weather.gov/lmk

Updated: 6/29/26 4:18 AM EDT



Potentially Dangerous Heat This Week

June 29, 2026
4:18 AM EDT

Multiple days of heat and high humidity will increase the risk for heat-related illness.

WHAT...Daily high temperatures in the low to mid 90s. Heat index 100-110.

WHEN...Monday 6/29 through at least Saturday 7/4.

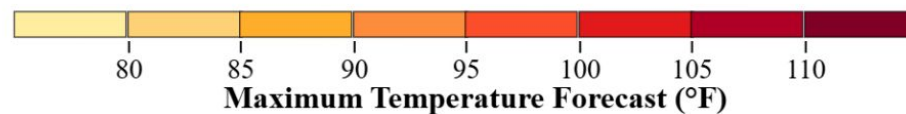
IMPACTS...Heat-related illnesses like Heat exhaustion and heat stroke.

WHAT TO DO...

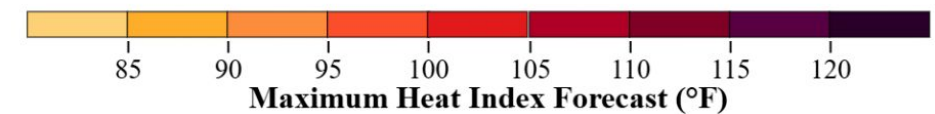
- ◆ Drink plenty of water.
- ◆ Stay in air conditioning.
- ◆ Avoid outdoor activities during the warmest parts of the day.
- ◆ Look before you lock your car. NEVER leave anyone alone in a closed vehicle.
- ◆ Check on your family, friends, and neighbors.

Maximum Temperature (°F) & Maximum Heat Index (°F) Forecast

		6/29	6/30	7/1	7/2	7/3	7/4	7/5
		Mon	Tue	Wed	Thu	Fri	Sat	Sun
Bardstown	Max Temp	91	94	95	95	94	92	91
	HeatIndex	105	107	108	107	106	103	100
Bowling Green	Max Temp	93	96	95	96	95	92	91
	HeatIndex	106	109	108	109	106	103	102
Brandenburg	Max Temp	92	94	95	95	94	92	91
	HeatIndex	106	107	108	107	105	102	99
Burkesville	Max Temp	93	95	97	97	96	94	92
	HeatIndex	105	109	108	109	105	102	100
Campbellsville	Max Temp	90	94	94	95	93	91	90
	HeatIndex	101	106	104	103	100	98	96
Elizabethtown	Max Temp	90	93	94	94	91	91	90
	HeatIndex	103	107	107	107	103	102	99
Frankfort	Max Temp	93	96	96	97	94	94	93
	HeatIndex	106	111	109	109	107	106	102



		6/29	6/30	7/1	7/2	7/3	7/4	7/5
		Mon	Tue	Wed	Thu	Fri	Sat	Sun
Hartford	Max Temp	93	95	96	95	94	92	91
	HeatIndex	109	109	114	112	107	106	102
Jasper, IN	Max Temp	91	93	94	94	93	91	89
	HeatIndex	106	109	109	108	106	102	98
Lexington	Max Temp	91	94	94	94	94	92	90
	HeatIndex	102	106	102	103	101	99	96
Louisville	Max Temp	93	95	96	97	93	93	92
	HeatIndex	106	107	109	111	106	103	101
Madison, IN	Max Temp	93	96	96	97	93	93	92
	HeatIndex	107	111	111	111	107	105	102
Richmond	Max Temp	90	94	94	94	92	91	89
	HeatIndex	101	105	102	102	99	98	95
Salem, IN	Max Temp	91	93	94	94	92	91	90
	HeatIndex	105	106	105	105	102	100	98



Confidence in Heat

Low

Medium

High



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