Dangerous Heat Continues Today

Key Messages:

- Oppressive heat and humidity continues areawide today with peak heat indices of 110-115°F+.
- Isolated strong to severe thunderstorm development is possible along a cold front late afternoon/early evening (~30% chance).
- Cold front brings relief to the region tonight!

What has changed:

- Slight increase in thunderstorm potential later today.

Next Scheduled Update:

- This is expected to be the last update for this event.
What to Expect:

- Heat indices of 110-115°F+ are forecast with an *Excessive Heat Warning* continuing areawide today.
- Isolated strong to severe thunderstorm development is possible along a cold front late afternoon/early evening (~30% chance).
- Sharply falling temperatures expected at NE Illinois lakeside locales ~6 - 9 PM. Cooler temps arrive areawide overnight!

Recommended Actions:

- Take breaks indoors or in the shade and hydrate often.
- Check up on your relatives and neighbors.
- Children and pets should NEVER be left unattended in vehicles.
Severe Storms Possible This Evening

Probability of Storms Developing: 20-30%

Mainly this evening
5 - 11 PM CDT

Main Threats:

- **Damaging Winds**
  Capable of downing tree limbs and fences

- **Frequent Lightning**

- **Damaging Hail**
  Capable of denting cars and siding

Recommended Actions:

- ✓ Move indoors if you hear thunder.
- ✓ Have multiple ways of receiving warnings.
- ✓ Stay tuned for the latest forecast updates.
Dangerous Heat Continues Today

Cooler and more comfortable conditions over the weekend

**Today**
- Hot and Humid!
- Peak Heat Indices: 110-115°F+
- 97-100°F

**Fri**
- Hot and humid west/central IL
- 80-89°F

**Sat**
- High Swim Risk
- 76-82°F

**Sun**
- High Swim Risk in AM
- 74-78°F

**Mon**
- 77-82°F

**Tonight**
- Humid
- 67-73°F

**Fri Night**
- 64-69°F

**Sat Night**
- 57-64°F

**Sun Night**
- 55-63°F

**Mon Night**
- 58-64°F

Windy

20% Chance

High Swim Risk in AM

High Swim Risk

Windy

30% Chance

Evening storms?
Heat Exhaustion

**ACT FAST**
- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don’t improve

**Heat exhaustion** can lead to heat stroke.

- Dizziness
- Thirst
- Heavy Sweating
- Nausea
- Weakness

Heat stroke can cause death or permanent disability if emergency treatment is not given.

Heat Stroke

**ACT FAST**
- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

**CALL 911**
- Confusion
- Dizziness
- Becomes Unconscious

Stay Cool, Stay Hydrated, Stay Informed!
Agotamiento debido al calor

Actúe Rápido
- Muévase a un lugar fresco
- Use ropa ligera
- Tome agua fresca
- Busque ayuda médica si sus síntomas no mejoran

Mareos
Sed
Sudor intenso
Náuseas
Debilidad

Insolación

Confusión
Mareos
Pérdida del conocimiento

Actúe Rápido
- Mueva a la persona a un área fresca
- Use ropa ligera y quite capas de más
- Enfríe su temperatura corporal con agua o hielo

¡Manténgase Fresco, Manténgase Hidratado, Manténgase Informado!
Dangerous Heat Continues Today

Additional Resources

- **Graphical Hazardous Weather Outlook**
  Helps to determine which days you need to be mindful of hazardous weather

- **Event-Ready Webpage**
  For planning and monitoring weather events

- **Heat Safety Information**
  Heat safety tips and resources

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