



# Oppressive Heat & Humidity To Continue

June 22, 2025  
4:57 AM

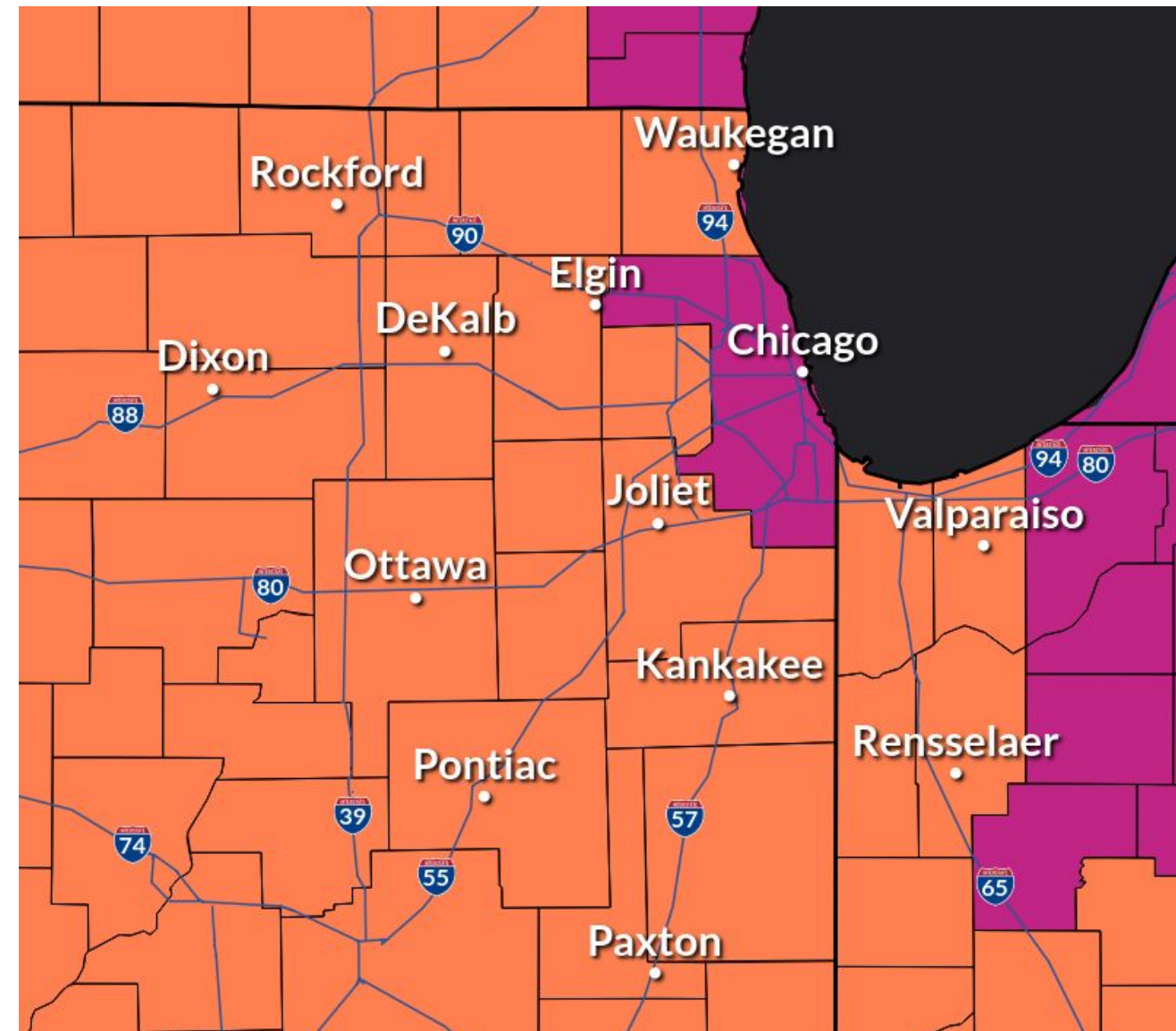
## Key Messages:

- Oppressive heat and humidity is expected to continue today through Monday.
- Afternoon temperatures in the 90s coupled with high humidity will lead to heat indices of 100-105°F each day.
- Nighttime temperatures in the mid 70s to around 80°F will provide limited relief from the heat.

- NEW** **What Has Changed:**
- The forecast remains on track with no major changes.

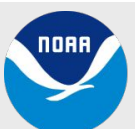
## Next Scheduled Update:

- By 6:00 AM CDT Monday morning, 6/23/2025



 Extreme Heat Warning

 Heat Advisory





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Overview of the hot and humid conditions expected through midweek



Humidity levels will not improve during the overnight hours.

The effects of heat are cumulative and especially dangerous for those without air conditioning.

Continued warm and humid conditions with a return of thunderstorm chances.

### Practice HEAT SAFETY Wherever You Are

#### Job Sites

Stay hydrated and take breaks in the shade as often as possible

#### Indoors

Check up on the elderly, sick and those without AC

#### Vehicles

Never leave kids or pets unattended - LOOK before you LOCK

#### Outdoors

Limit strenuous outdoor activities, find shade, and stay hydrated







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Forecast Heat Indices through Monday

## What To Expect



### Hot and Humid Conditions

**DANGEROUS** to anyone without proper hydration or adequate cooling



### Through Monday

Warm and humid conditions continue through midweek



### Areawide

Warmest overnight temperatures in Chicago

## What To Do



### Stay Hydrated

Drink before you are thirsty



### Wear Light Clothing

Lightweight and light colored



### Stay in Air Conditioning

during the day



### Consider Avoiding

**Outdoor Activities** during the warmest part of the day

## Forecast Heat Indices (°F) Through Monday

	Sun						Mon							
	6am	9am	12pm	3pm	6pm	9pm	12am	3am	6am	9am	12pm	3pm	6pm	9pm
Chicago-Downtown	89	96	103	103	100	93	87	83	87	97	100	100	98	90
Chicago-Midway	90	99	102	102	99	94	89	84	88	97	101	101	98	91
Chicago-O'Hare	90	99	105	104	104	97	88	85	87	97	102	102	99	92
Aurora	85	98	105	106	103	96	86	77	86	96	103	104	102	91
DeKalb	86	97	101	101	98	90	83	75	83	97	103	102	99	89
Dixon	86	97	102	103	99	91	83	77	83	95	100	103	100	89
Gary	85	95	102	102	100	93	88	79	88	97	101	100	97	89
Joliet	87	99	106	106	103	94	88	79	89	100	104	104	100	91
Kankakee	86	97	102	103	101	91	86	79	88	100	102	103	99	88
Ottawa	86	96	101	102	100	91	87	78	85	97	99	102	99	89
Pontiac	87	97	103	105	102	91	86	78	90	100	102	103	100	88
Rensselaer	86	97	102	102	100	90	83	77	88	99	101	100	98	88
Rochelle	86	96	101	102	100	91	83	77	83	95	101	102	99	88
Rockford	84	96	102	104	100	93	85	78	83	95	102	103	100	89
Valparaiso	84	96	102	100	99	91	86	78	88	96	101	101	98	88
Waukegan	85	95	102	103	99	90	84	79	86	95	100	101	96	87
Woodstock	85	97	103	105	101	91	85	77	83	96	103	104	100	90







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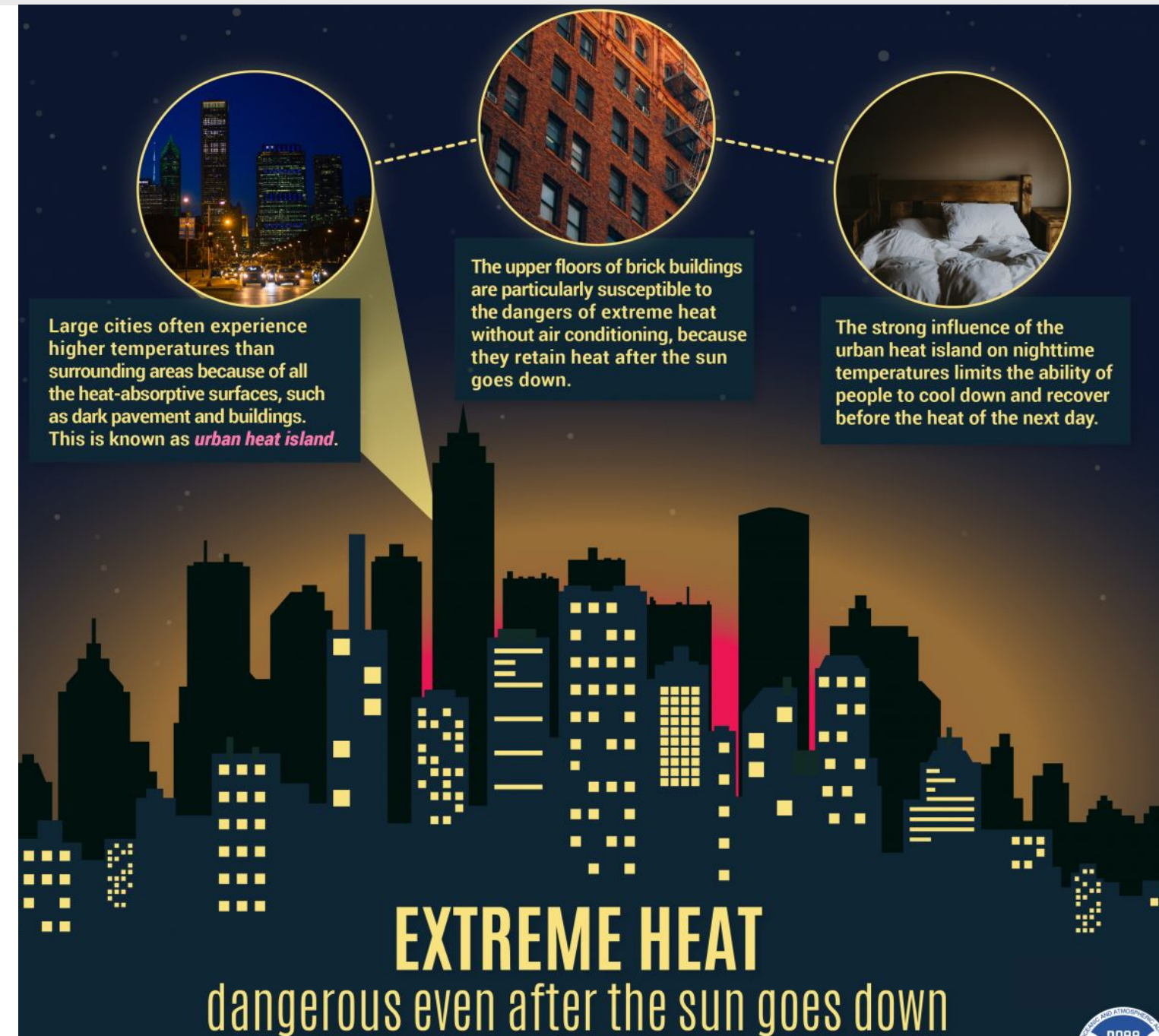
Overnight Temperatures will be Warmest in Chicago

## What is the Urban Heat Island Effect?

- Urban settings are often several degrees warmer than rural areas due to concrete and asphalt radiating heat absorbed during the day.
- This effect is most noticeable at night, and can cause overnight lows to remain near 80°F.
- Such warm temperatures limit the ability to recover and prepare for the next day of heat!

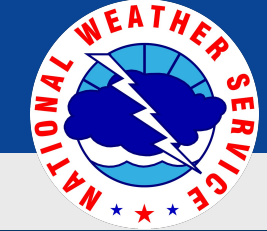
## What To Do

- ✓ Check on vulnerable friends, family, & neighbors.
- ✓ Residents of Chicago: Call 311 to locate cooling centers near you or to request well being checks for elderly friends or family members.



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

National Weather Service  
Chicago, IL



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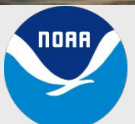
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Dangerous heat will remain through Monday before periodic storm chances return to the forecast



Photo: Tyler Grundstrom

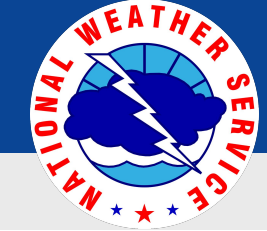
Sun	Mon	Tue	Wed	Thu
Peak Afternoon Heat indices >100°F!		Cooler near lakeshore?		
H: 93-96°	H: 95-97°	H: 89-93°	H: 88-92°	H: 87-91°
L: 75-79°	L: 73-77°	L: 65-73°	L: 67-72°	L: 67-72°



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Visit [weather.gov/chicago](https://weather.gov/chicago) for more details for your location.

National Weather Service  
Chicago, IL



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## Additional Resources

## Additional Resources

### [Graphical Hazardous Weather Outlook](#)

Helps to determine which days you need to be mindful of hazardous weather

### [Heat Safety Information](#)

Heat safety tips and resources

### [Event-Ready Webpage](#)

For planning and monitoring weather events

### [Severe Weather Preparedness](#)

Severe weather information and resources

