Dangerous Heat Through Saturday

DANGEROUS HEAT Continues Saturday
Excessive Heat Warning in Effect

Forecast High Temperatures (°F)

92 to 95°

Confidence: MEDIUM-HIGH

- Scattered showers and storms possible, mainly afternoon north of I-80, before chances increase area wide during the night
- No lake cooling

Forecast Peak Heat Indices (°F)

SAFETY:

- Limit strenuous outdoor activities
- Minimize sun exposure
- Stay hydrated with frequent breaks in AC
- Check on elderly, sick, & those without AC
- NEVER leave children or pets unattended in vehicles

Weather Message of the Day:

- Dangerous heat to continue through Saturday
- Maximum afternoon peak heat indices of 105-115°
- Lows tonight in the upper 70s with lower 80s in Chicago
- Heat indices staying in the 90s much of tonight in Chicago
- Strong storms & locally heavy rain/flood risk late Sat. PM-Sun. AM

Important Forecast Changes

Slightly lower maximum temperatures but similarly oppressive/dangerous heat indices forecast for Saturday than previous update
Event Impacts

Hazards: Peak afternoon heat indices between 105° and 115° Saturday. Oppressively warm & humid conditions at night will provide little relief from the heat, especially in city of Chicago where heat indices will stay in the 90s most of tonight.

Timing & Duration: Dangerous heat and humidity through Saturday afternoon. Cooler conditions (80s) are likely on Sunday.

Certainty & Considerations: Confidence in thunderstorm timing on Saturday is relatively low, as scattered storms may be possible during the afternoon mainly north of I-80. The chances increase Saturday evening and night. Non-zero chance for thunderstorms as early as Saturday morning, which could keep temperatures cooler for parts of the area, but this scenario is not favored. If thunderstorms form over the area during the afternoon-early evening, there could be a quick onshore wind shift and rapid cooling into the 70s, especially near Lake Michigan, including Chicago.

Historical Perspective: The heat indices forecast are similar to the June 29-July 1 2018 heat wave (~105° to ~115°).
Dangerous Heat Through Saturday

Recognizing Heat Effects

HEAT EXHAUSTION OR HEAT STROKE

- Faint or dizzy
- Excessive sweating
- Cool, pale, clammy skin
- Nausea or vomiting
- Rapid, weak pulse
- Muscle cramps

- Throbbing headache
- No sweating
- Body temperature above 103°
- Red, hot, dry skin
- Nausea or vomiting
- Rapid, strong pulse
- May lose consciousness

CALL 9-1-1

- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses
- Take immediate action to cool the person until help arrives

NWS Chicago
weather.gov/heat
A cold front will move south across the area Saturday evening into early Sunday. Thunderstorms are expected with the front, with the storms gradually spreading south. Some of the thunderstorms could be strong or even severe, while torrential rain is likely with stronger storms, which could cause localized flash flooding.
Weather Message of the Day:

Dangerous heat forecast through Saturday, with relief from the heat arriving Sunday. Peak heat indices 105-115° today Saturday with oppressively warm temperatures tonight offering little relief from the heat. Demonstrate heat safety!

Safety:     weather.gov/heat     weather.gov/chicago/heatprepare

Heat Quick Facts and Preparedness:

Quick facts you should know about Heat:

- Heat typically causes the most weather related fatalities, annually. The 10-year average for heat related fatalities is 97.
- The most vulnerable populations to heat are those 1) elderly, 2) living alone, and 3) without air conditioning. Check on family and friends.
- Never leave a child or pet unattended in a vehicle, even with the windows down, even for just a minute. Leaving windows open does not significantly decrease the heating rate.
- Know the symptoms, prevention, and emergency response to prevent heat-related illness and death.

Preparedness: Limit Exposure

- Reschedule strenuous activities to the early morning or evening. Wear light weight and loose fitting clothing and drink plenty of water. Take frequent breaks in shaded or air conditioned environments.
- Never leave anyone unattended in a vehicle, including pets.
- Check on the elderly, friends and neighbors, and those that live alone.
- If you don’t have air conditioning, consider finding locations that do have air conditioning.
- Heat stroke is an emergency, call 911.
- If you feel ill, get to a cooler place and seek medical attention if needed.

Practice HEAT SAFETY Wherever You Are! Look Before You Lock!

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Situation Report
Saturday, July 20, 2019 6:45 PM