Heat Index Values Around 100 this Week

Important Forecast Changes

No significant changes.

Forecast Maximum Heat Index Through this Week

Message of the Day:

- Warm temperatures and high humidity will produce heat index values around 100 degrees across much of the area this week.
- Late week storms introduce some uncertainty to heat potential.
Situation Report
National Weather Service
St. Louis, MO

Monday, July 6, 2020 5:02 PM

Impact-based messaging suggestions

<table>
<thead>
<tr>
<th>Limited</th>
<th>Elevated</th>
<th>Significant</th>
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These temperatures may result in increased chance of heat related illnesses, especially for those living without air-condition.

Please avoid poorly ventilated areas and prolonged exposure to the sun.

Take extra precautions when outside. When possible, reschedule strenuous activity to the early morning or evening.

Where’s the baby? Look before you lock! Young children and pets should never be left unattended in vehicles under any circumstances. This is especially true during warm or hot weather when car interiors can reach lethal temperatures in a matter of minutes.

Other Resources

- Check out our EM webpage – information just for our partners!
- Please give us your storm reports! Find us on social media or call 1-800-852-7497
- Information on severe storm safety and preparedness
- Storm Prediction Center – updated severe weather outlooks, discussions, & watches
- Information on winter safety and preparedness
- NWS St. Louis winter page – snow & ice forecasts including probabilistic forecasts
- Information on wildfire safety and preparedness
- Storm Prediction Center – updated fire weather outlooks and discussions
- Information on heat safety and preparedness
- Flood safety and preparedness information
- Advanced Hydrologic Prediction Service – river stages, forecasts, & precip estimates

Find us on social media!

@NWSStLouis  NWS Saint Louis