

MIAMI-SOUTH FLORIDA

National Weather Service

Forecast Office

<http://www.weather.gov/miami>

2026 Severe Weather Awareness Week

Friday, February 6th is Temperature Extremes and Wildfire Awareness Day

Although a mild and sunny climate is one of South Florida's greatest natural assets, extremes of heat and cold can occur in South Florida. These extremes can be harmful, and even fatal, if people do not take necessary precautions to protect life and property. The heat and humidity of our summer months can combine to cause the heat index (combination of temperature and relative humidity) to reach or exceed 105 degrees on many days, presenting a significant health risk even to the average Floridian who is used to our hot and humid summers.



The record heat of 2023 was unprecedented in modern history in the number of days and hours of high heat index values. There were a total of 43 days with heat advisories across South Florida, as well as 7 days with excessive heat warnings. Naples had 53 days with at least 2 hours of heat index of 105F or higher, with most other South Florida locations between 30 and 50 days. Miami Executive Airport even had 7 days with heat index values of 113F or higher! The summer of 2024 was no slouch either with Fort Lauderdale and West Palm Beach recording their hottest heat season (May 1 - Oct 31) on record and the 4th warmest at Miami.

The most common cases of heat exposure and illness involve school children, especially during the hot summer months when outdoor activities are more common. Other

vulnerable groups such as outdoor workers, the elderly, and those with limited or no access to air conditioning, are highly susceptible to heat illness. However, **anyone** is vulnerable to heat illness if proper precautions are not taken.

Heat Impacts: Vulnerable Populations

PREGNANT prev

Extreme heat events have been associated with adverse birth outcomes such as low birth weight, preterm birth, infant mortality, and congenital cataracts.

NEWBORNS

Newborns are extra sensitive to heat because their ability to regulate body temperature is limited.

CHILDREN

Young children and infants are particularly vulnerable to heat, as their bodies are less able to adapt to heat than adults. Those under four are especially vulnerable.

ELDERLY

Older adults, especially those who have preexisting diseases, take certain medications, live alone or have limited mobility are at higher risk for heat illness.

CHRONIC ILLNESS next

Source: The Impacts of Climate Change on Human Health in the United States, A Scientific Assessment (U.S. Global Changes Research Program)

weather.gov 

On July 6th, 2023, an agricultural worker died in Homestead from heat exposure, and on October 7th, 26 people were hospitalized with heat-related illnesses during an outdoor festival in Lauderhill. Heat-exposure-related incidents are notoriously under-reported, and it's likely that many more cases of heat-related illnesses occur yearly in South Florida due to the persistent heat and humidity much of the year. On average, extreme heat has killed more people in the last 10 years in the United States than any other weather phenomena.

The number-one protection against heat-related illnesses is simply to stay out of the heat, especially during the hottest times of the day. If outside, make sure to drink plenty of water and take frequent breaks in the shade. Remember these tips from the National Weather Service for staying safe in extreme heat:

Hydrate. Whether you feel thirsty or not, drink plenty of water to avoid becoming dehydrated, *especially* when you're working or exercising outside.

Educate yourself. Keep up with the latest temperature and heat index forecasts and current readings (take actions to stay cool and safe when the temperature hits 85 degrees or the heat index hits 90 degrees). Know the warning signs of a heat illness, and how you can stay cool.

Act quickly when a heat illness is suspected. Seek medical attention immediately for any of these warning signs: cramping, rapid pulse, heavy sweating, hot red skin, dizziness, confusion, nausea, vomiting.

Take it easy. Anyone working or exercising outdoors should avoid overexertion, especially between the hours of 11 AM and 6 PM. Take hourly breaks in the shade or in air conditioning.



Never Leave Children, Disabled Adults or Pets in Parked Vehicles!!

It is never safe to leave a young child, disabled person, or pet locked in a car, even in the winter. If you have a toddler in your household, lock your cars, even in your own driveway. **Kids play in cars or wander outside and get into a car and can die in 10 minutes!**

According to noheatstroke.org, since 1998 a total of 969 children in the U.S. have died due to Pediatric Vehicular Heatstroke caused by hyperthermia, as well as an untold number of pets left in parked vehicles. Hyperthermia is an acute condition that occurs when the body absorbs more heat than it can handle. Hyperthermia can occur even on a relatively mild day. Studies have shown that the temperature inside a parked vehicle can rapidly rise to a dangerous level for children, pets and even adults. Leaving the windows slightly open does not significantly decrease the heating rate. The effects can be more severe on children because their bodies warm at a faster rate than adults. All deaths due to Pediatric Vehicular Heatstroke could have been prevented!

Pediatric Vehicular Heatstroke Deaths

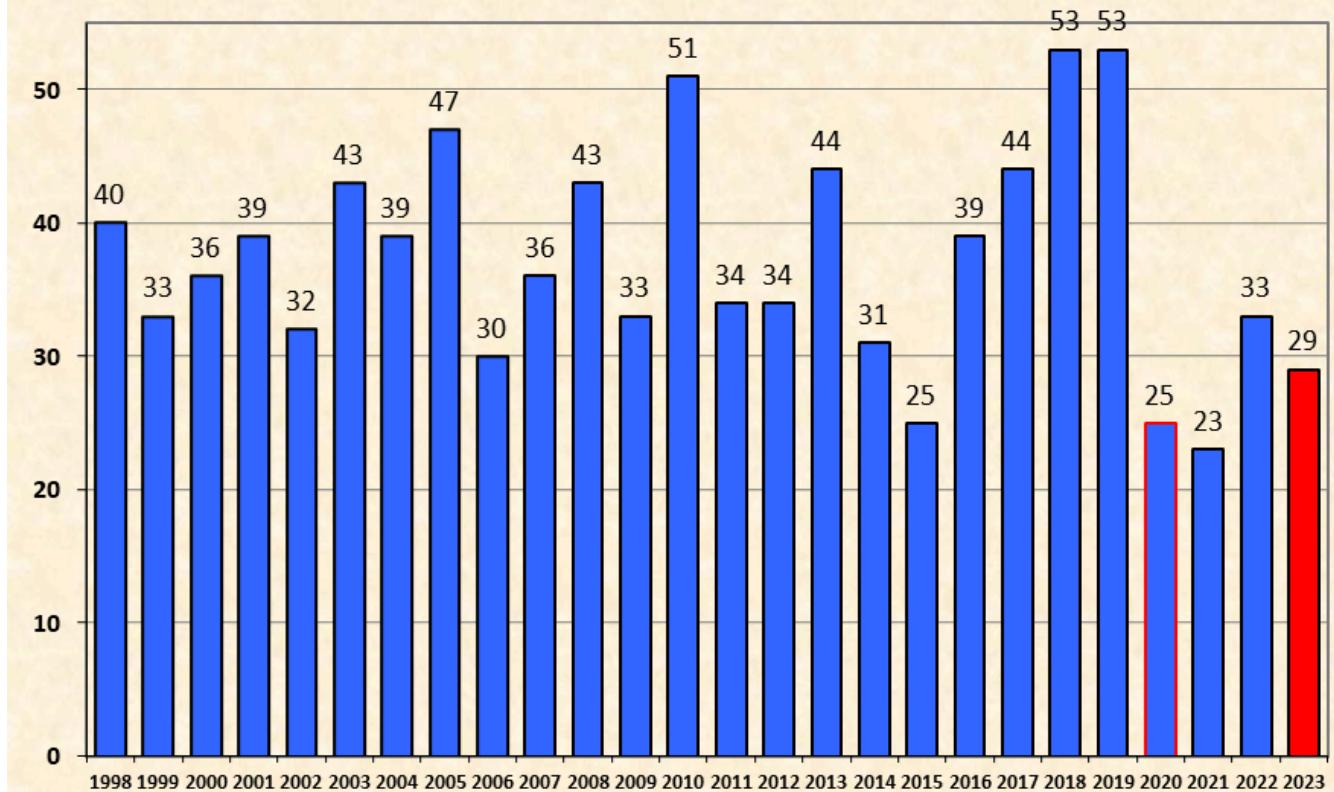


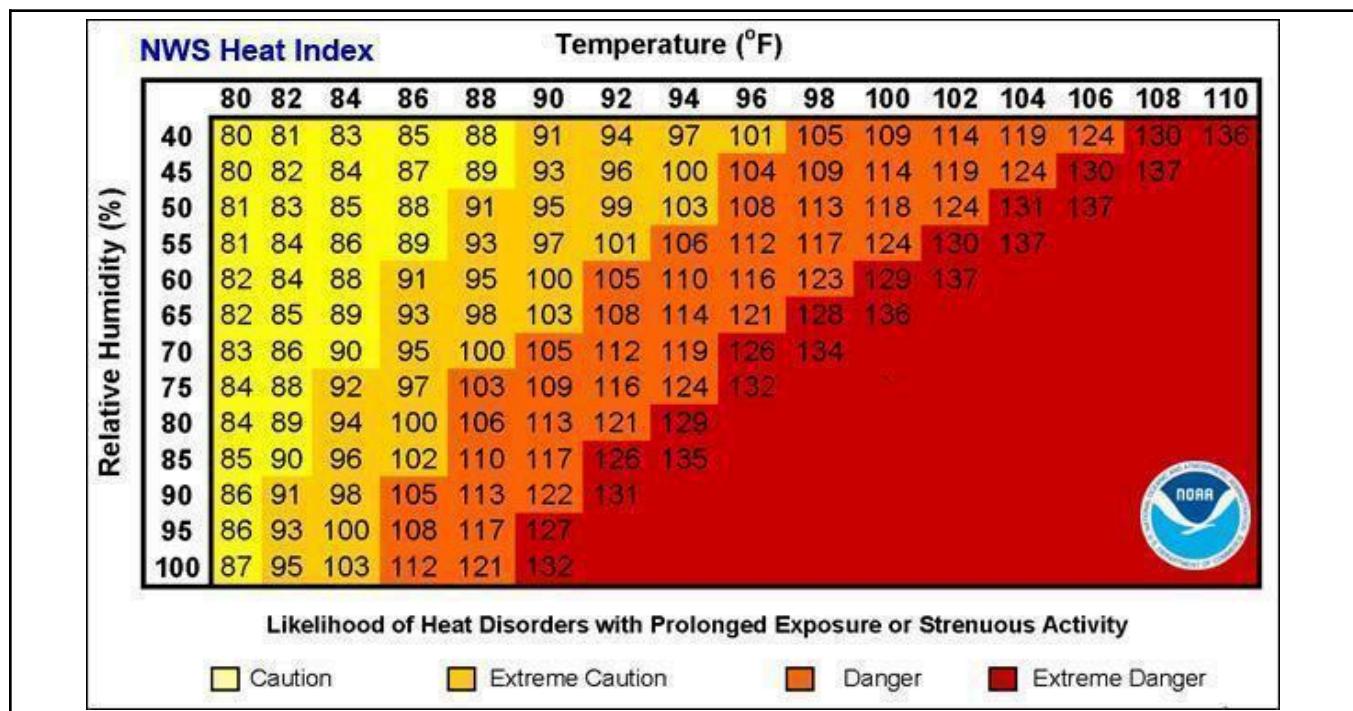
Table courtesy noheatstroke.org



More information on heat safety can be found at the [NWS heat awareness page](#).

Although you can't feel it or see it, ultraviolet radiation can cause damage to the skin and eyes, even on seemingly cloudy days or in shady areas. Ultraviolet (UV) radiation is strong most of the year in subtropical latitudes such as South Florida. The peak hours of UV radiation are normally between 10 AM and 2 PM when the high sun angle allows much of the energy to penetrate to the surface. The body's quick response to excessive UV radiation causes sunburn, which can happen in only a matter of minutes. Prolonged or excessive exposure has been proven to cause potentially fatal skin cancer or cataracts, a form of blindness. About 90 percent of all skin cancer cases are linked to UV radiation. Put on sunblock, especially on children, when planning to be outdoors for a prolonged period of time.

To find out how hot it feels, you can use the pictured chart below, or by using the Heat Index calculator found at weather.gov/safety/heat-index.



How to find out what the "feels like temperature", or heat index, is via relative humidity values and the actual air temperature

In an area known for its mild winters, it's hard to imagine life-threatening cold, but freezing temperatures occur over at least parts of South Florida on a yearly basis. Although recent winters have been quite mild, past cold snaps can attest to the threat that cold temperatures can pose even in South Florida, so it is important to know warning signs of hypothermia. During the record-breaking cold episodes of January and December 2010, freezing temperatures occurred over almost all of South Florida, impacting both people and crops. Two people died as a result of hypothermia in January

2010, and an additional 7 people were injured from carbon monoxide poisoning resulting from improper use of heating devices. South Florida's agricultural industry suffered losses in the millions of dollars as a direct result of the freezing temperatures.



Warning signs of hypothermia

NWS products such as Freeze watches and warnings, and Extreme Cold watches and warnings along with Cold Weather advisories, alert the public to the threat of potentially life-threatening cold temperatures.

During cold events, be extremely careful when using heating devices as deaths often occur as a result of faulty equipment or from improper use. Never use candles or cooking grills indoors, and be very careful with space heaters. Check your heating equipment at least once a year to make sure it is in proper working conditions. Check on the elderly to make sure they have adequate heating. Protect pets and plants during significant cold episodes.

SEVERE WEATHER AWARENESS WEEK 2026

5 P'S OF COLD WEATHER PREP

Pets



Bring outdoor pets inside or provide a warm shelter for them

Plants



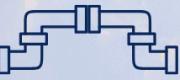
Cover cold-sensitive plants to protect them from dangerous temperatures

People



Dress in warm layers & wear a hat & gloves

Pipes



Cover pipes & allow outdoor faucets to slowly drip to prevent freezing

Practice Fire Safety



Use safe heating sources indoors & don't use fuel-burning devices like grills which release deadly carbon monoxide

FLORIDADISASTER.ORG/COLD



WILDFIRES



Wildfire on a dry grass bed in Lake Okeechobee

The typically dry winter and spring of South Florida means that our area is prone to prolonged periods of little to no rainfall. This increases the threat of wildfires which peaks during the spring months from March through May when the dry season coincides with windy conditions, increasing sun angle, and warmer temperatures. Wildfires are not only most common in the Everglades, but also near the urban-wildland interface on the fringes of the urban areas of South Florida. This was the case during the spring of 2017 when several weeks of little rainfall led to severe drought conditions over Southwest Florida. The result was one of the worst wildfire seasons in recent memory in Southwest Florida. Three wildfires affected the Golden Gate Estates and Picayune State Forest in March and April of that year. Total damage caused by those wildfires was over \$4 million, with 18 structures destroyed. The wildfires triggered the evacuation of portions of Golden Gate and the closing of roads, schools, and businesses in the area. Fortunately, no deaths were reported and one man was injured while trying to save his property from the fire.

Other severe droughts in April and May of 2020 and 2021 contributed to damaging wildfires in Golden Gate Estates in Collier County. A total of 14 residences were destroyed and 33 outbuildings were destroyed. Mandatory evacuation orders were issued for approximately 2,000 residents in the area, and Interstate 75 was closed for a time due to the close proximity of the fire and the resulting smoke which reduced visibility.



SEVERE WEATHER AWARENESS WEEK 2026

WILDFIRE SAFETY

 **Evacuate immediately** if told to do so by officials

 **Stay up-to-date** on active fires & fire watches & warnings

 **Use an N95 mask** to help prevent smoke inhalation

FLORIDADISASTER.ORG/HAZARDS/WILDFIRE

Many South Florida wildfires are the result of human activities. Therefore, everyone is urged to follow the advice of forestry and fire safety officials to avoid causing wildfires. Be careful when discarding cigarettes, matches and barbecue coals and don't park vehicles in high grass where a hot catalytic converter or tailpipe can start a fire.

When conditions are conducive for the rapid spread of wildfires, the National Weather Service issues Fire Weather Watches and Red Flag Warnings which indicate the location and time of the greatest threat.

Local, state and national partners provide good information on wildfire awareness, such as the [Florida Forest Service](#) and [Firewise](#).

Information regarding extreme temperatures and weather conditions conducive to the spreading of wildfires can be obtained by visiting the National Weather Service Miami Forecast Office website at www.weather.gov/southflorida and clicking on the [Current Hazards/Graphical HWO](#) tab, as well as the [NWS Wildfire Weather Safety page](#).