DANGEROUS HEAT BY THIS WEEKEND

July 1, 2026
11:30 AM EDT

Key Messages

- Impacts begin on Thursday and increase this weeked. Heat impacts are expected to last several days.
- **EXTREME IMPACTS** possible this weekend.
- Temperatures this weekend may exceed 100° with heat indices feeling like ~110°.

Extreme Heat Planning Timeline

Pre-Season

Start planning before hot weather arrives.

- Build an emergency kit
- Make a plan for power outages
- Become trained in first aid for heat-related emergencies
- Check that your A/C and fans are in working order

A Few Days Out

If the forecast calls for extreme heat, be ready.

- Gather food, water, and medication
- Make a list of friends and family to check on & help them prepare
- Know your local cooling shelters or other cool locations
- Reschedule outdoor events

During and After

Remain vigilant and stay informed.

- Stay in air conditioning and out of the sun if possible
- Check on friends, family, neighbors, and pets
- Drink plenty of water
- Take breaks and use a buddy system if working outdoors

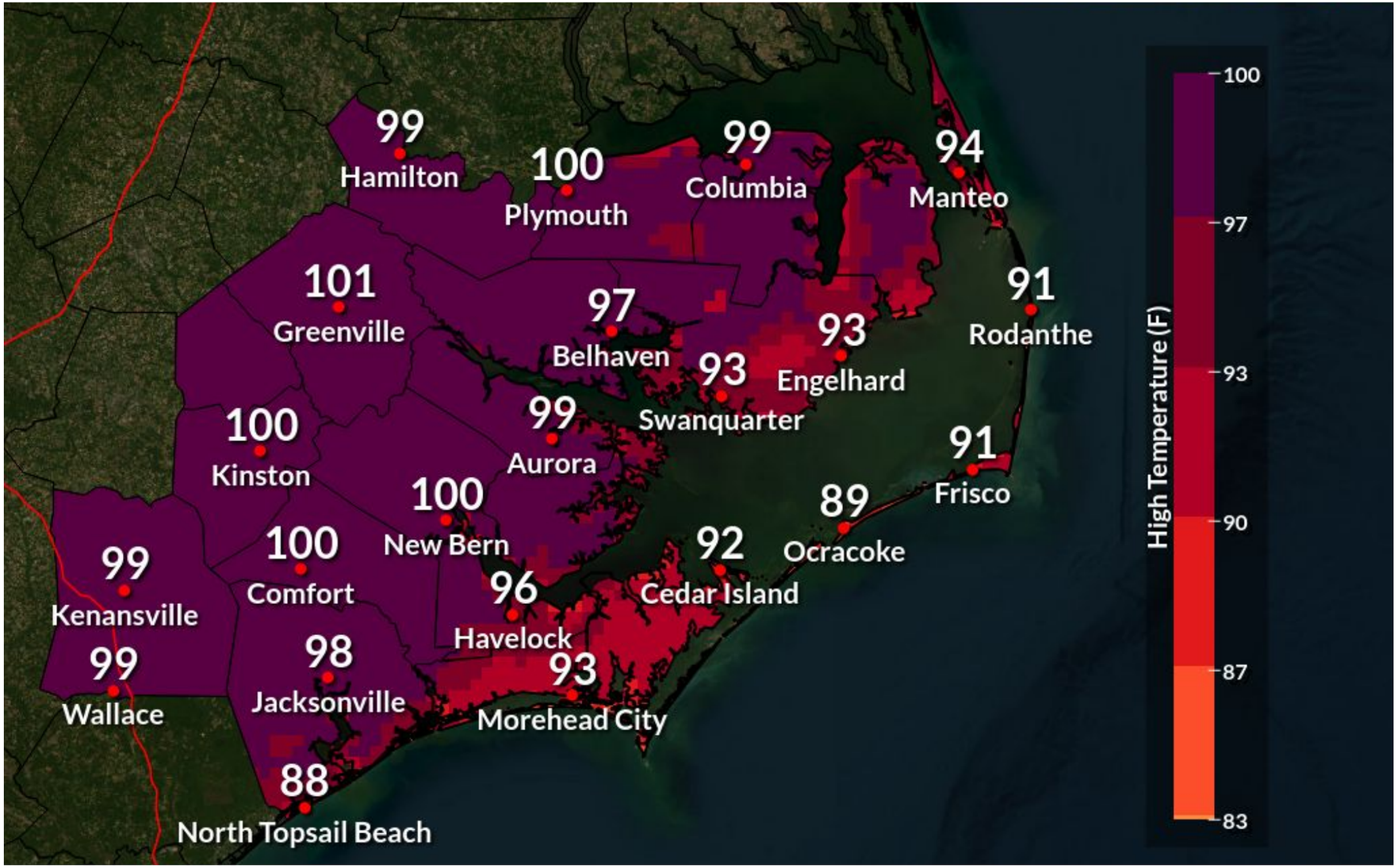
weather.gov

Maximum High Temperatures

Friday to Monday

July 1, 2026
11:30 AM EDT

- **Long duration extreme heat will affect anyone without effective cooling and/or adequate hydration.**
- **Temperatures may approach 100° for multiple days.**



National Oceanic and Atmospheric Administration
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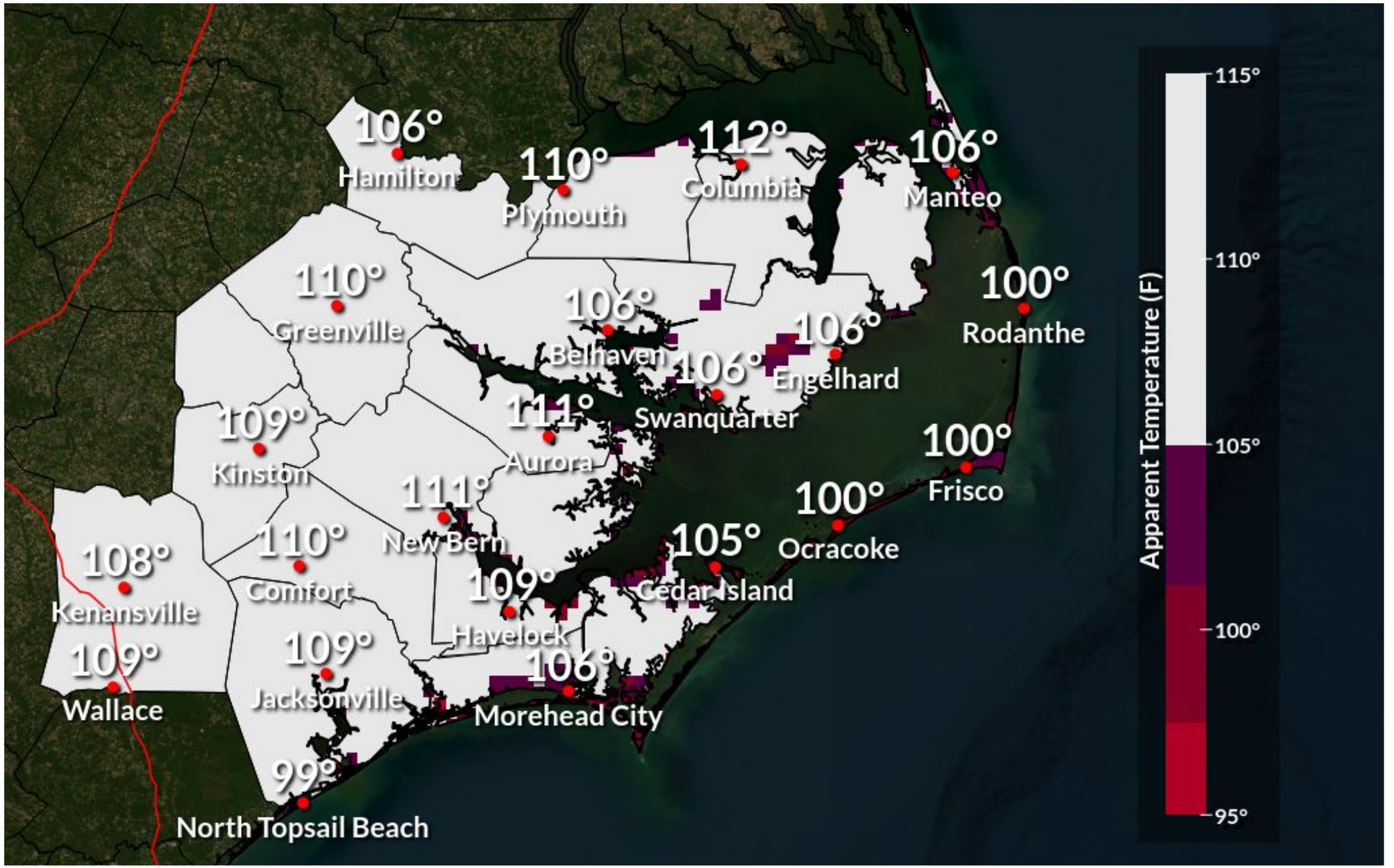
National Weather Service
Newport/Morehead City, NC

Maximum Heat Index (What It Feels Like)

July 1, 2026
11:30 AM EDT

Friday to Monday

- Check on your neighbors.
- Never leave anyone alone in a closed car.
- Find access to air conditioning. Even a few hours can lower your risk.



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Newport/Morehead City, NC

What is Major HeatRisk?

extreme

3 - major

moderate

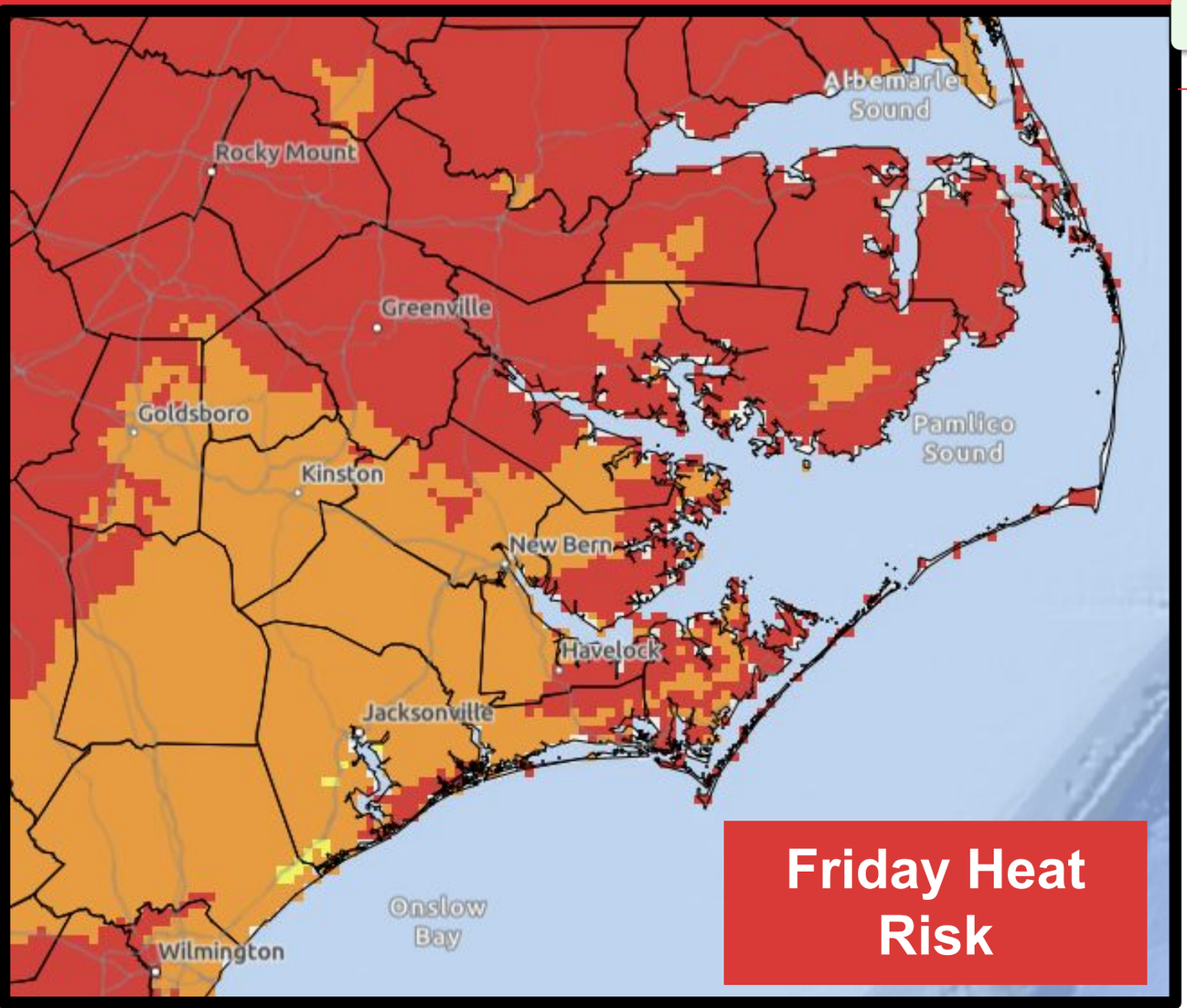
minor

little/none

Major HeatRisk is the

3rd of 4 levels

of HeatRisk



What it means:

- **Major Risk** of heat-related illnesses for **much of the population** - especially those without effective cooling or hydration.
- **Little to no relief at night** - air conditioning is necessary - fans and open windows at night will not be enough.

Actions to take:

- **Drink plenty of water**
- **Wear lightweight, light-colored clothing**
- **Avoid outdoor activities during the warmest parts of the day**
- **Stay in an air conditioned location, especially during the day**

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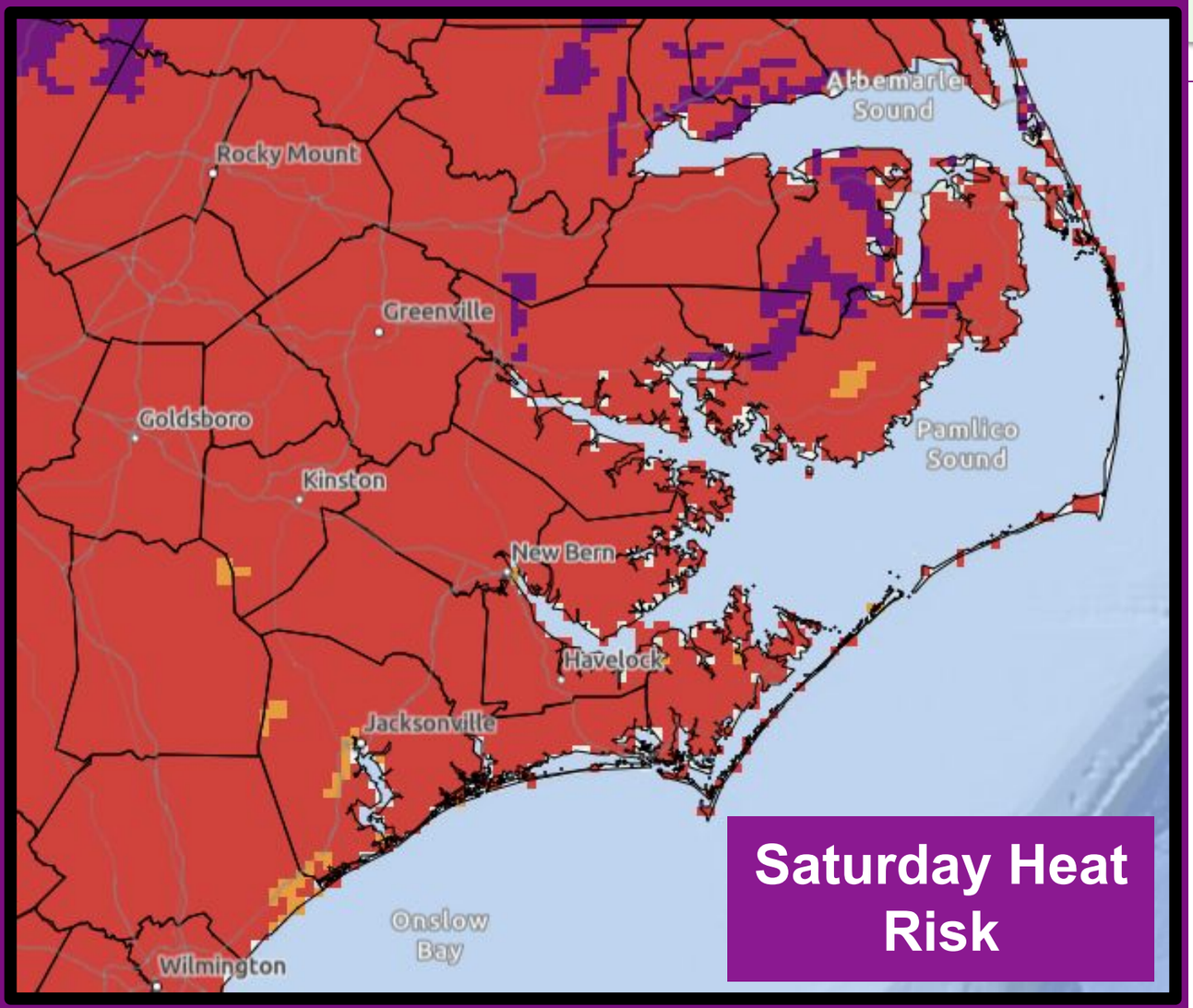
What is Extreme HeatRisk?



4 - extreme

major

moderate

minor

little/none

Extreme HeatRisk is the

4th of 4 levels

of HeatRisk

What it means:

- **Extreme Risk** of heat-related illnesses for **the entire population** - this is a prolonged heat event that is very dangerous unless precautions are taken.
- **Little to no relief at night**. Air conditioning is necessary - fans and open windows at night will not be enough.

Actions to take:

- **Drink plenty of water**
- **Wear lightweight, light-colored clothing**
- **Cancel outdoor activities**
- **Stay in an air conditioned place, including overnight**
- **Check on your neighbors**

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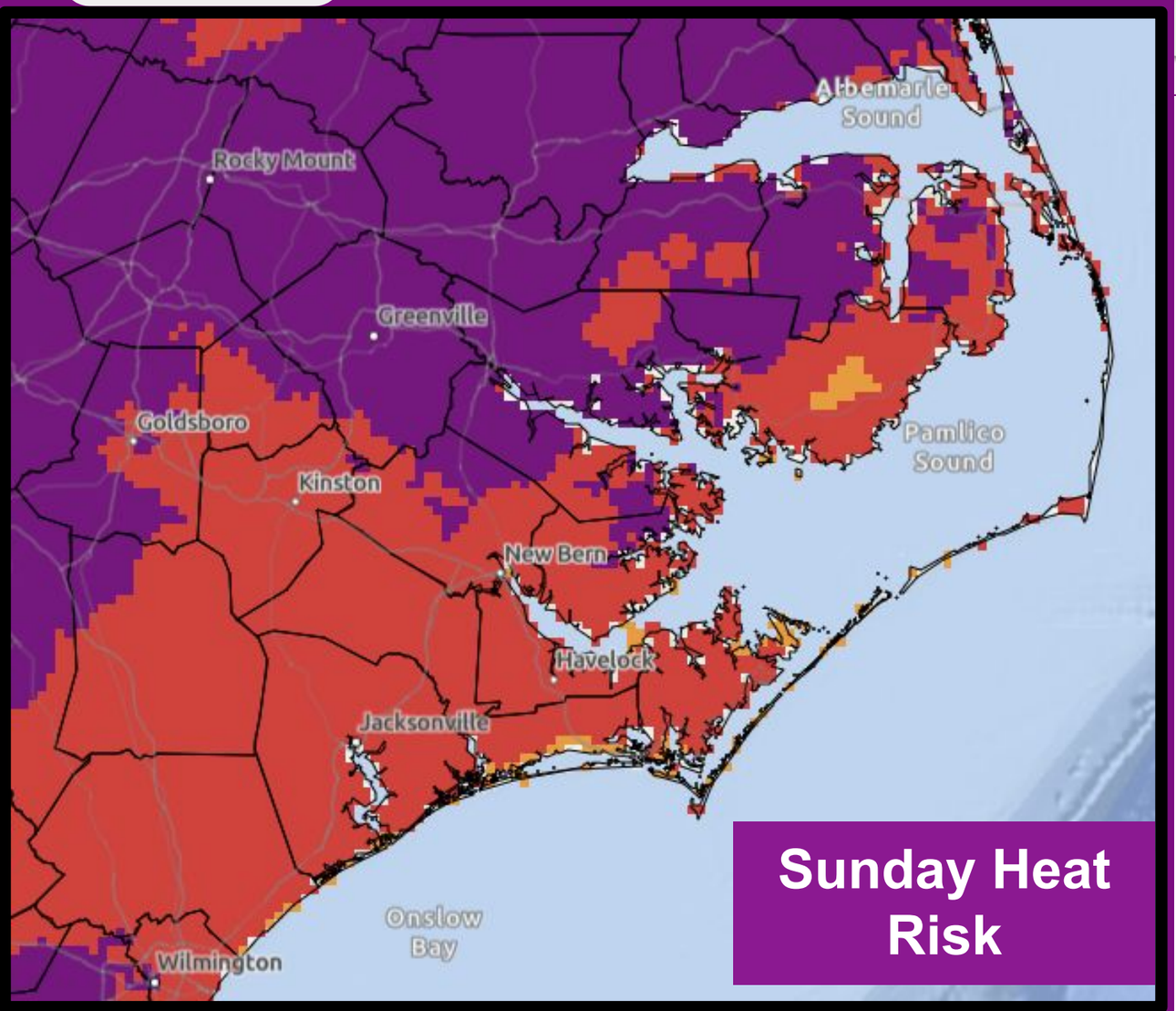
What is Extreme HeatRisk?



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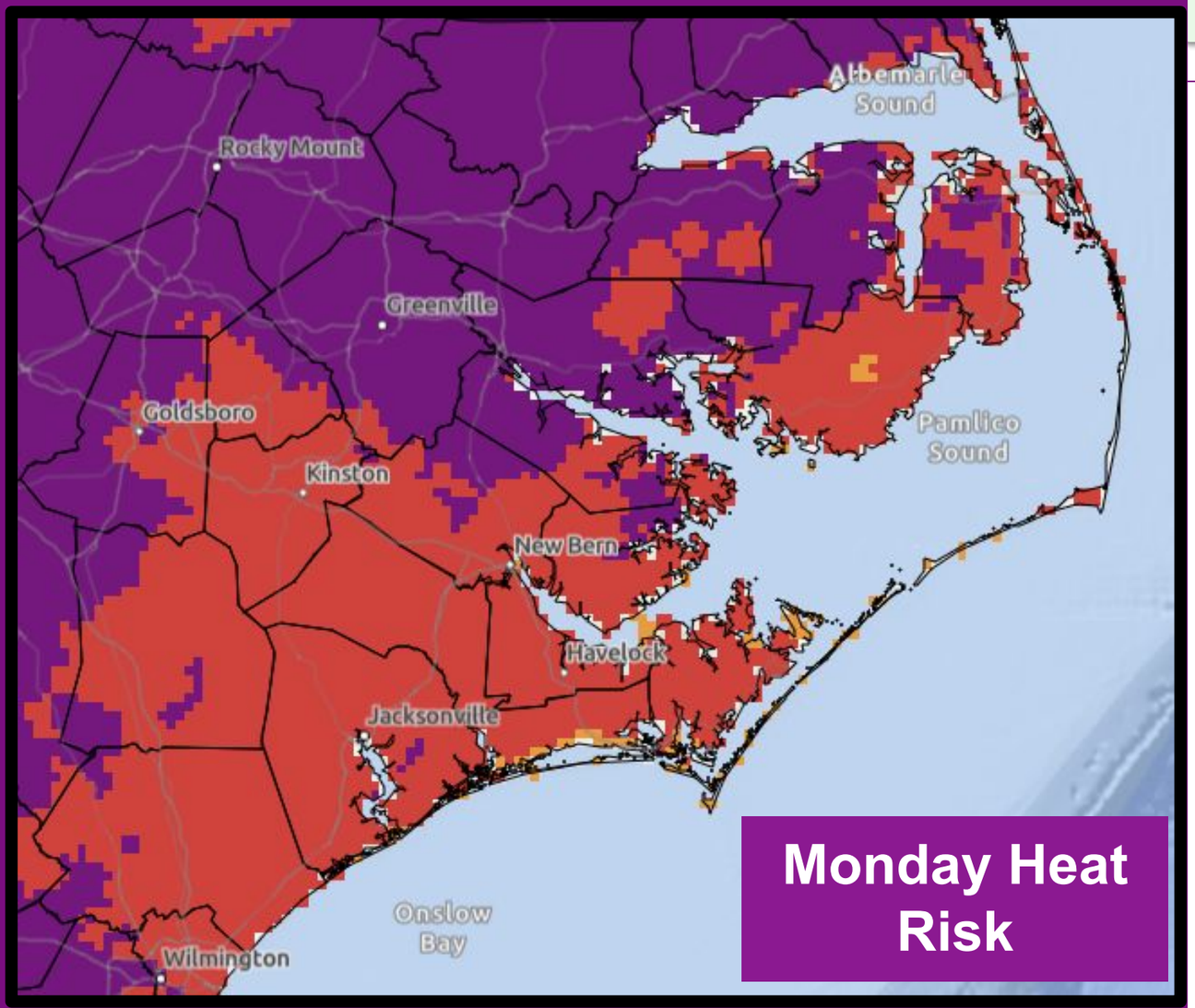

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Heat Impacts: Vulnerable Populations

PREGNANT

NEWBORNS

CHILDREN

ELDERLY

CHRONIC ILLNESS

Everyone is at risk from the dangers of extreme heat, but these groups are more vulnerable than most. Age and certain conditions make the body less able to regulate temperature.

- NEVER leave anyone alone in a closed car
- Use air conditioners and stay in the shade
- Drink plenty of water, even if not thirsty
- Wear loose-fitting, light-colored clothing

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NOAA

Heat Exhaustion

ACT FAST

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

Dizziness

Thirst

Heavy Sweating

Nausea

Weakness

Confusion

Dizziness

Becomes Unconscious

Heat Stroke

ACT FAST

CALL 911

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

Heat exhaustion *can lead to heat stroke.*

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

Stay Cool, Stay Hydrated, Stay Informed!

Practice HEAT SAFETY Wherever You Are

Heat related deaths are preventable. Protect yourself and others from the impacts of heat waves.

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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

PET HEAT SAFETY

SAVE A PET'S LIFE IN A HOT CAR

Animals can die of heatstroke within 15 minutes.

Cracking the windows does not help, the inside still gets dangerously hot.

During hot weather, keep your pets at home.

If you see a pet in an unattended vehicle, do not leave until the problem has been resolved!

weather.gov/heat

Contact and Next Briefing Information

July 1, 2026
11:30 AM EDT

For National Weather Service Newport / Morehead City

Briefing Webpage

- https://www.weather.gov/media/mhx/DssPacket.pdf

Next Briefing

- By 12:00 pm Thursday, July 2, 2026
- Method: Email

Disclaimer

- Information contained in this briefing is time-sensitive
- Do Not Use After: 12:00 pm Thursday, July 2, 2026

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