Summer Weather Preparedness
National Weather Service Springfield, Missouri

Summer 2022 Outlook - June through August

The Summer 2022 outlook favors above normal temperatures and below normal to near normal precipitation. For more information visit: Summer Climate Outlook.

Heat Safety

Extreme heat is responsible for the highest number of annual deaths among all weather-related hazards.

**Tips to keep in mind during high heat:**
- Find air conditioning.
- Avoid strenuous activities.
- Wear light clothing.
- Check on family members and neighbors.
- Drink plenty of fluids.
- Watch for heat cramps, heat exhaustion and heat stroke.
- Never leave people or pets in a closed car.

### Heat Exhaustion

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

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

**CALL 911**
- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Stay Cool, Stay Hydrated, Stay Informed!

Heat Impacts: Vulnerable Populations

**HELPING OTHERS: EXTREME HEAT**

- **NEVER** leave anyone (or pets) alone in a locked car
- Monitor others exercising or playing sports, ensuring frequent breaks
- Bring water to outdoor activities to keep everyone hydrated
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Outdoors and Weather Safety

Weather-Ready for Outdoor Sports?

- **Heat**
  - Wear light, loose-fitting clothing, stay hydrated and take breaks in the shade. During excessive heat, avoid heavy activity and direct sunlight.

- **Air Quality**
  - Stay inside during air quality alerts. Children, seniors, and those with health problems are especially at risk.

- **Lightning**
  - If you hear thunder or see lightning, go immediately to an enclosed building or hard-topped vehicle.

Weather-Ready for Nature?

- **Flash Flooding**
  - Heavy rainfall can cause flooding in a flash. Use caution when hiking in canyons or camping near streams and rivers.

- **Excessive Heat**
  - Bring extra water and remain hydrated. Use sunscreen and wear light, loose-fitting clothing. Take breaks in the shade.

- **Lightning**
  - If you hear thunder or see lightning, go immediately to an enclosed building or hard-topped vehicle (if possible). Avoid isolated tall trees or ridge tops.

Lightning Safety

Your chance of being struck by lightning greatly increases when remaining outdoors during a thunderstorm.

- **Golfing**
- **Boating**
- **Running**
- **Grilling**
- **Walking**
- **Construction**
- **Riding**
- **Gardening**
- **Swimming**

Some of the activities people were doing when they were recently struck by lightning include:

- These activities carry a higher risk of being struck by lightning.

Following the NWS and Summer Safety Campaign

- **Office:** (417) 863-8028
- **Contact:** contact.sgf@noaa.gov
- **Website:** weather.gov/springfield
- **Twitter:** @NWSSpringfield
- **Youtube:** Youtube.com/NWSSpringfield

Summer Weather Safety Resources

- **Heat**
- **Lightning**
- **Flood**
- **Drought**
- **Thunderstorm**
- **Tornado**

Other Webpages for Summer

- **Weather Story**
- **DSS Packet**
- **Storm Prediction Center**
- **Climate Prediction Center**
- **Weather Prediction Center**
- **National Drought Mitigation Center**
- **National Integrated Drought Information System**

Become a Weather-Ready Nation Ambassador