



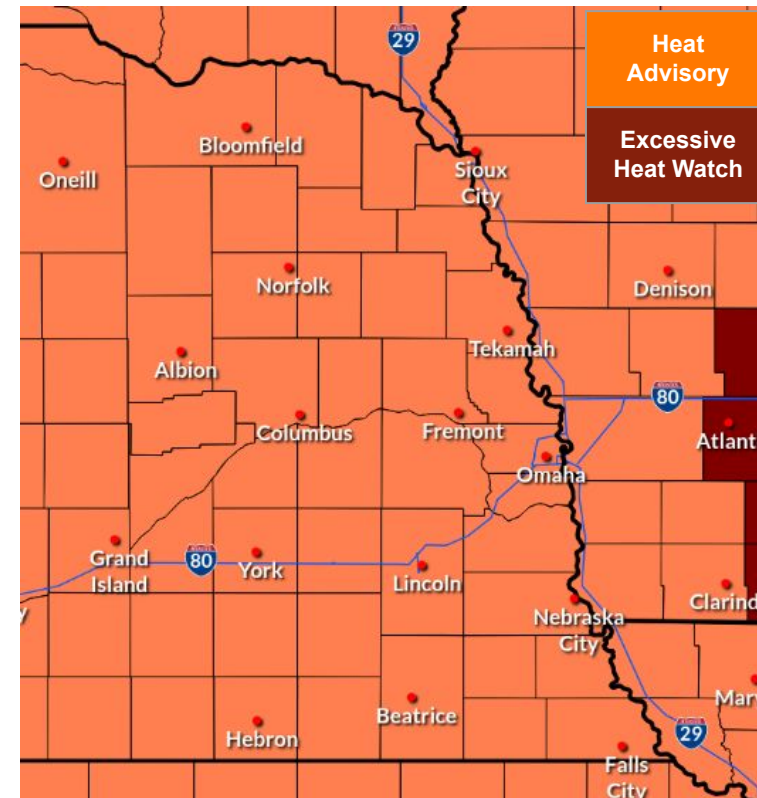
# Dangerous Heat Expected Today-Thursday

July 27, 2021  
5:20 AM

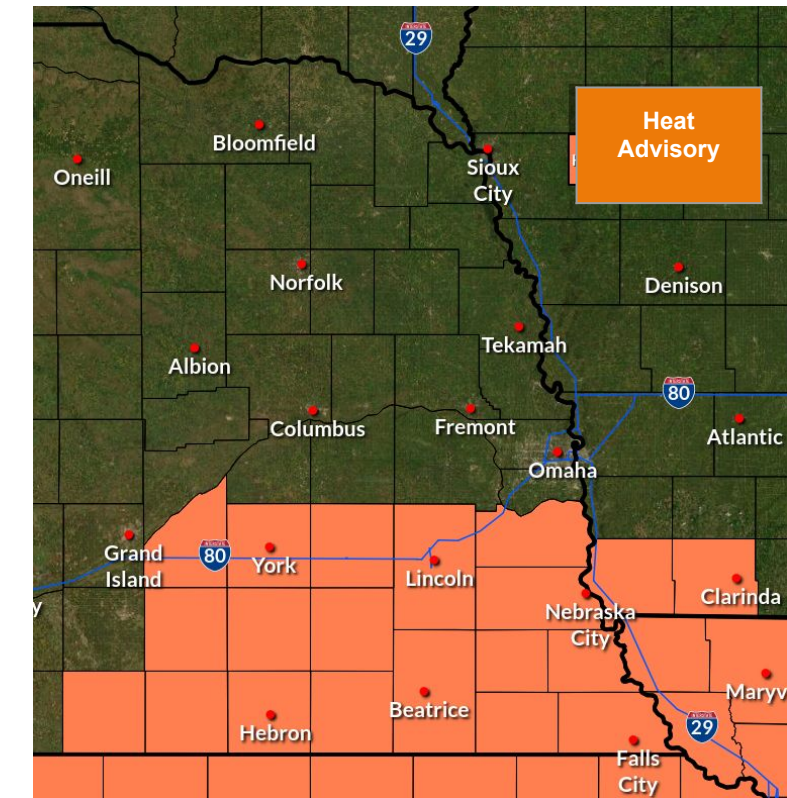
## Key Messages

- Dangerous heat expected during the next few days.
- Heat Indices 105 degrees or more expected today through Thursday.
  - ◆ Wednesday - Hottest
  - ◆ Thursday - Potentially highest heat indices
- The worst conditions are expected between 3 and 6 PM each day.
- **Avoid strenuous outdoor activities if possible**
  - ◆ If you must be outside, take frequent breaks and drink plenty of water.
  - ◆ **SEEK SHADE OFTEN WHEN OUTDOORS**

## Today & Wednesday



## Thursday

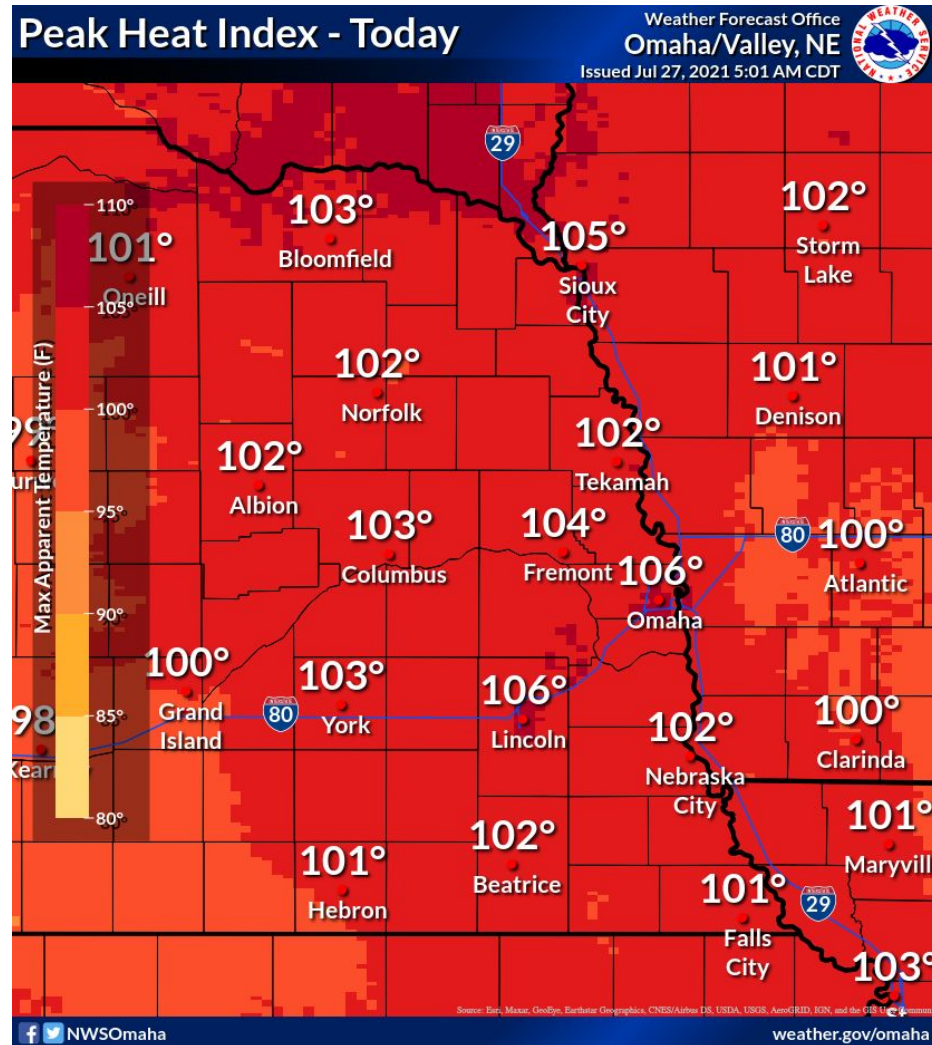




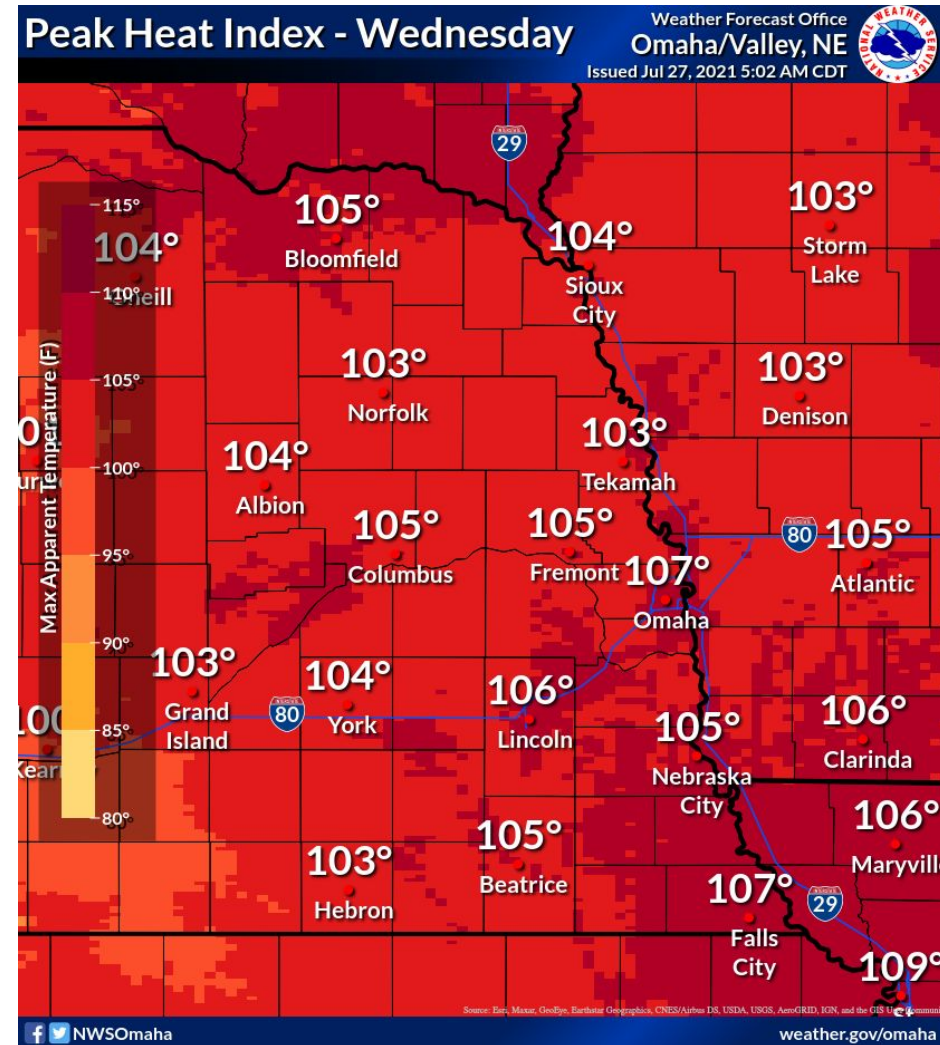


# Heat Index Values

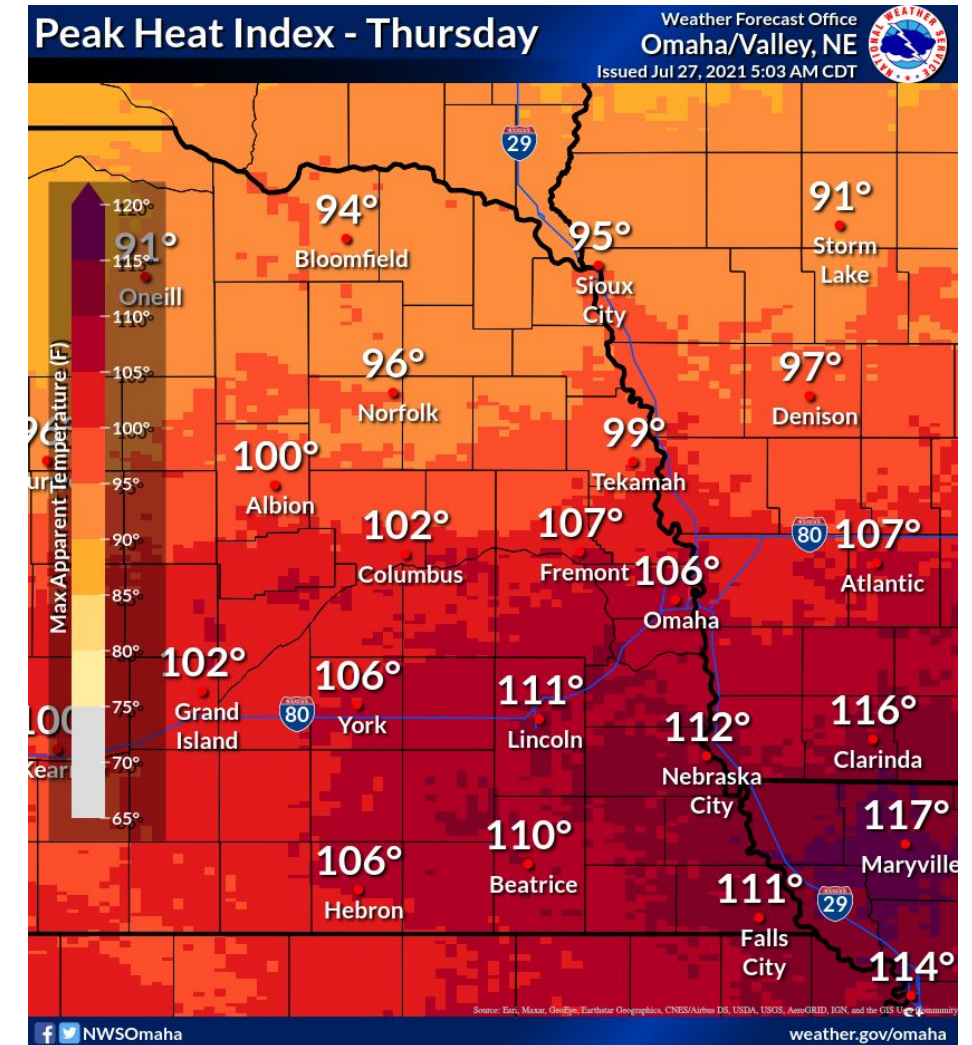
July 27, 2021  
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Today



Wednesday



Thursday





# Dangerous Heat Expected Today-Thursday

July 27, 2021  
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**Hazards:** Dangerous heat with heat indices 105 and above.



**Areas Impacted:** Eastern Nebraska and Southwest Iowa.

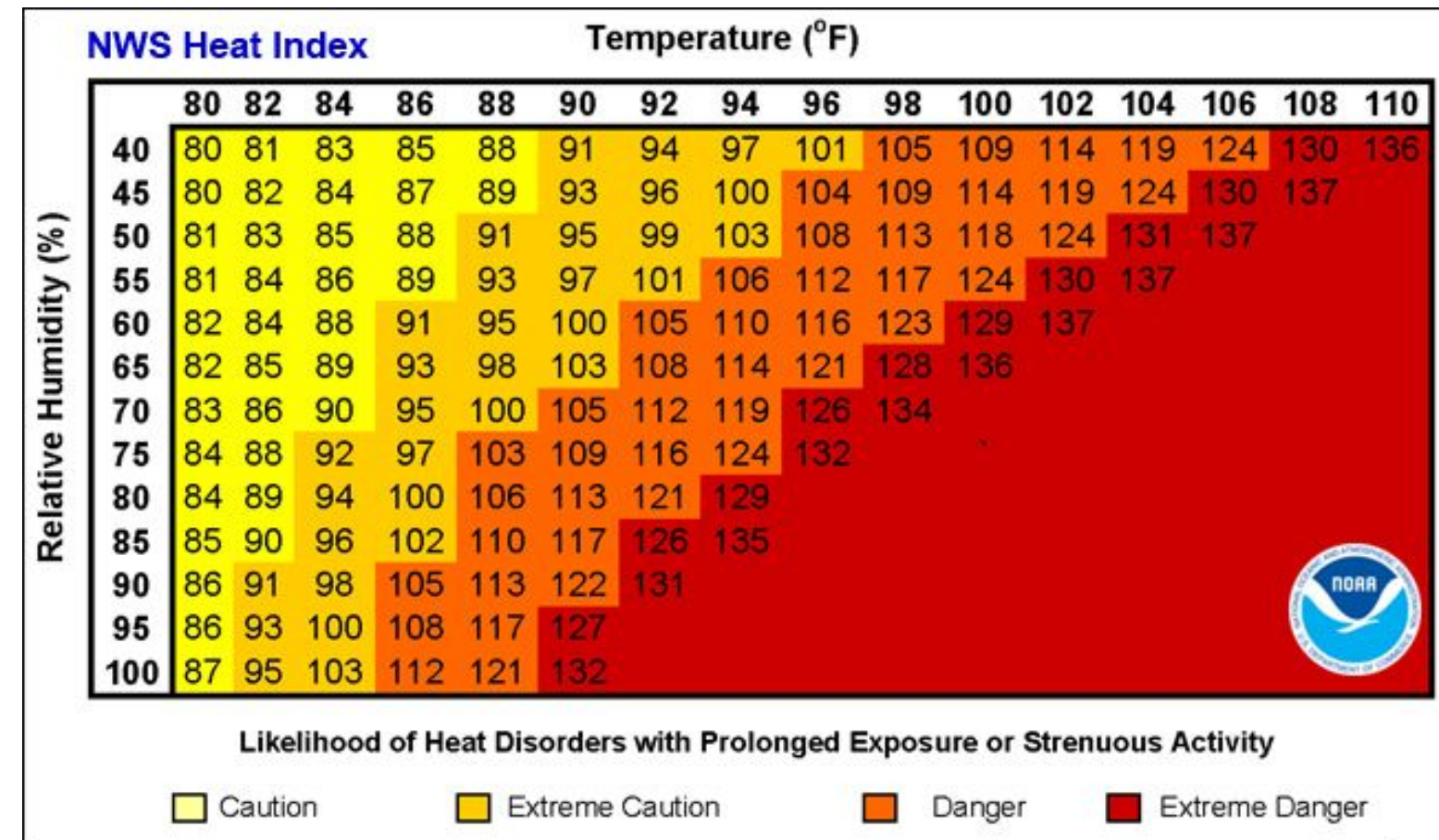


**Timing & Duration:** Today through Thursday. Worst conditions 3 to 6 PM each day.



**Certainty & Considerations:** If cloud cover and smoke are thicker than anticipated, temperatures could be a few degrees cooler than currently forecast.

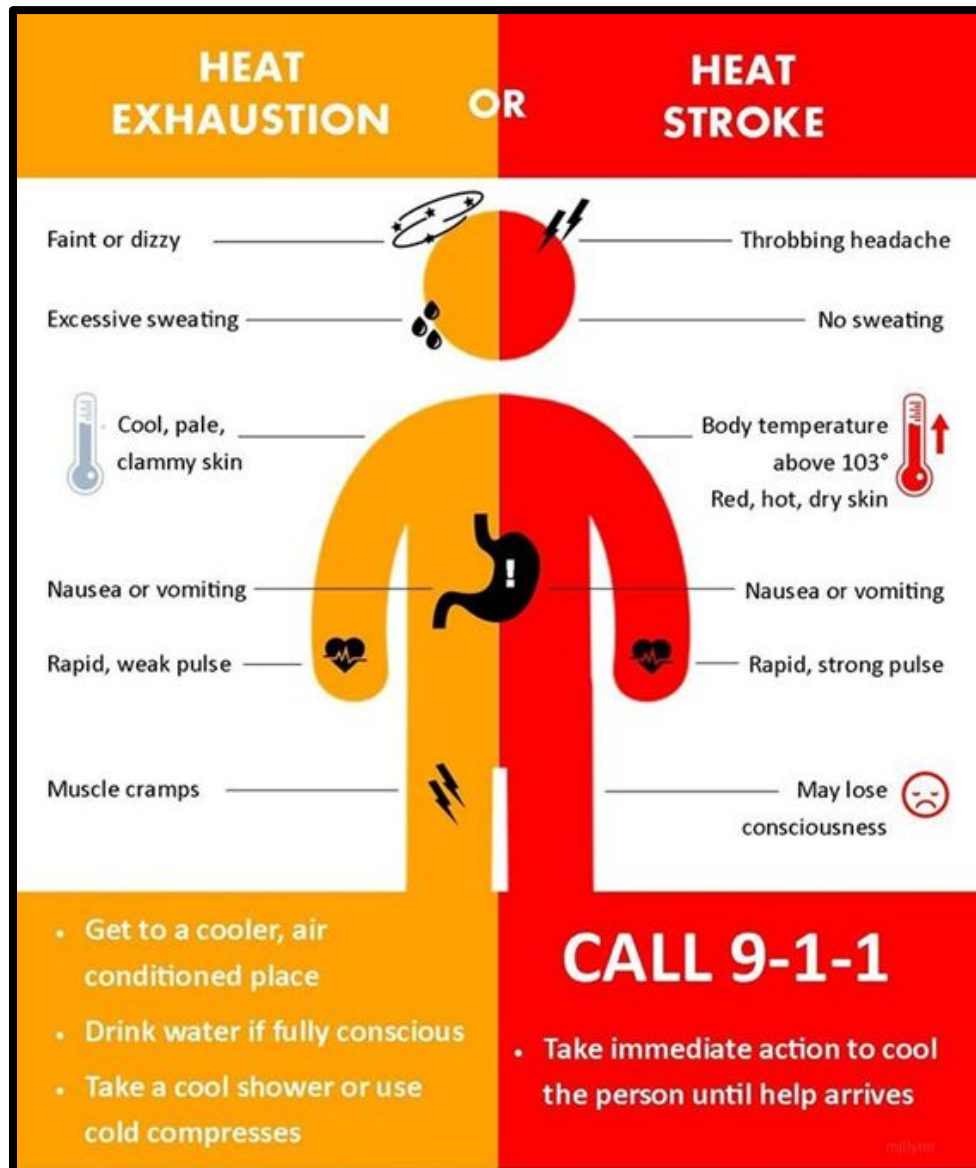
**Historical Perspective:** Last time Omaha saw a heat index of at least 110 was July 19, 2019 (reached 111).





# Staying Safe in the Heat

July 27, 2021  
5:20 AM



## Heat Preparedness:

- Limit strenuous outdoor activities during the hottest part of the day.
- Stay hydrated by drinking plenty of water.
- Limit or avoid alcohol.
- Wear sunscreen.
- Wear lightweight and light-colored clothing.
- Seek the shade as much as possible.
- Never leave children or pets unattended in a closed vehicle.
- Check on the elderly.

For more information about this event,  
please monitor our local hazards page here:  
<https://www.weather.gov/oax>

For additional flooding safety and preparedness  
information, please visit:  
<https://www.weather.gov/safety/heat>



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# Heat Can Escalate Quickly

July 27, 2021  
5:20 AM

**Stay Cool and Hydrated Out There**

**Hot temperatures can quickly become dangerous. Heat is one of the most deadly weather hazards – Don't Underestimate It!**



NEVER leave people or pets alone in a closed car.



Drink plenty of water, even if you don't feel thirsty.



Wear loose-fitting, light colored clothing during work or activities outside.



Stay cool by using sitting in the shade, using fan or seeking air conditioning.





# Dangerous Heat Expected Today-Thursday

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## Impacts On The Body:

- **Young children, infants and pets** are particularly vulnerable to heat-related illness and death, as their bodies are less able to adapt to heat than are adults.
- **Older adults**, particularly those with pre existing diseases, take certain medications, are living alone or with limited mobility who are exposed to extreme heat can experience multiple adverse effects.
- **People with chronic medical conditions** are more likely to have a serious health problem during a heat wave than healthy people.
- **Pregnant women are also at higher risk.** Extreme heat events have been associated with adverse birth outcomes such as low birth weight, preterm birth, and infant mortality, as well as congenital cataracts.

### Heat Cramps

Heat cramps may be the first sign of heat-related illness, and may lead to heat exhaustion or stroke.

- **Symptoms:** Painful muscle cramps and spasms usually in legs and abdomen and Heavy sweating.
- **First Aid:** Apply firm pressure on cramping muscles or gently massage to relieve spasm. Give sips of water unless the person complains of nausea, then stop giving water.

### Heat Exhaustion

- **Symptoms:** Heavy sweating, Weakness or tiredness, cool, pale, clammy skin; fast, weak pulse, muscle cramps, dizziness, nausea or vomiting, headache, fainting,
- **First Aid:** Move person to a cooler environment, preferably a well air conditioned room. Loosen clothing. Apply cool, wet cloths or have person sit in a cool bath. Offer sips of water.

### Heat Stroke

- **Symptoms:** Throbbing headache, confusion, nausea, dizziness, body temperature above 103°F, hot, red, dry or damp skin, rapid and strong pulse, fainting, loss of consciousness.
- **First Aid:** **Call 911 or get the victim to a hospital immediately.** Heat stroke is a severe medical emergency. Delay can be fatal. Move the victim to a cooler, preferably air-conditioned, environment. Reduce body temperature with cool cloths or bath. Use fan if heat index temperatures are below the high 90s. A fan can make you hotter at higher temperatures. Do **NOT** give fluids.