



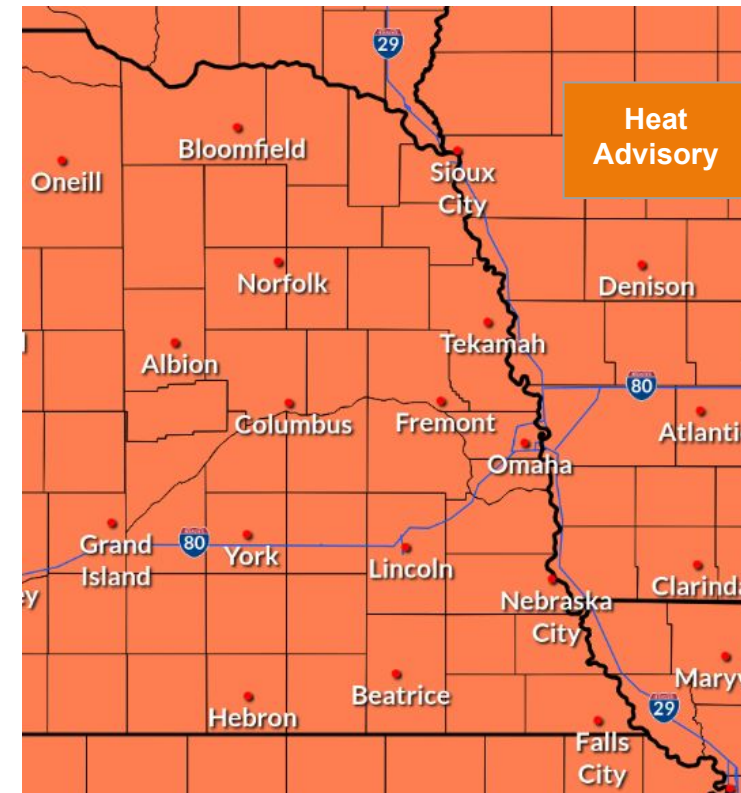
Dangerous Heat Expected Through Thursday

July 28, 2021
4:41 AM

Key Messages

- Dangerous heat expected to continue through Thursday.
 - ◆ Areawide today and south of I-80 on Thursday.
- Heat Indices 105 to 110 degrees.
- The worst conditions are expected between 2 and 6 PM each day.
- **Avoid strenuous outdoor activities during the hottest time of day.**
- **When working outside, take frequent breaks in the shade and drink plenty of water.**

Today



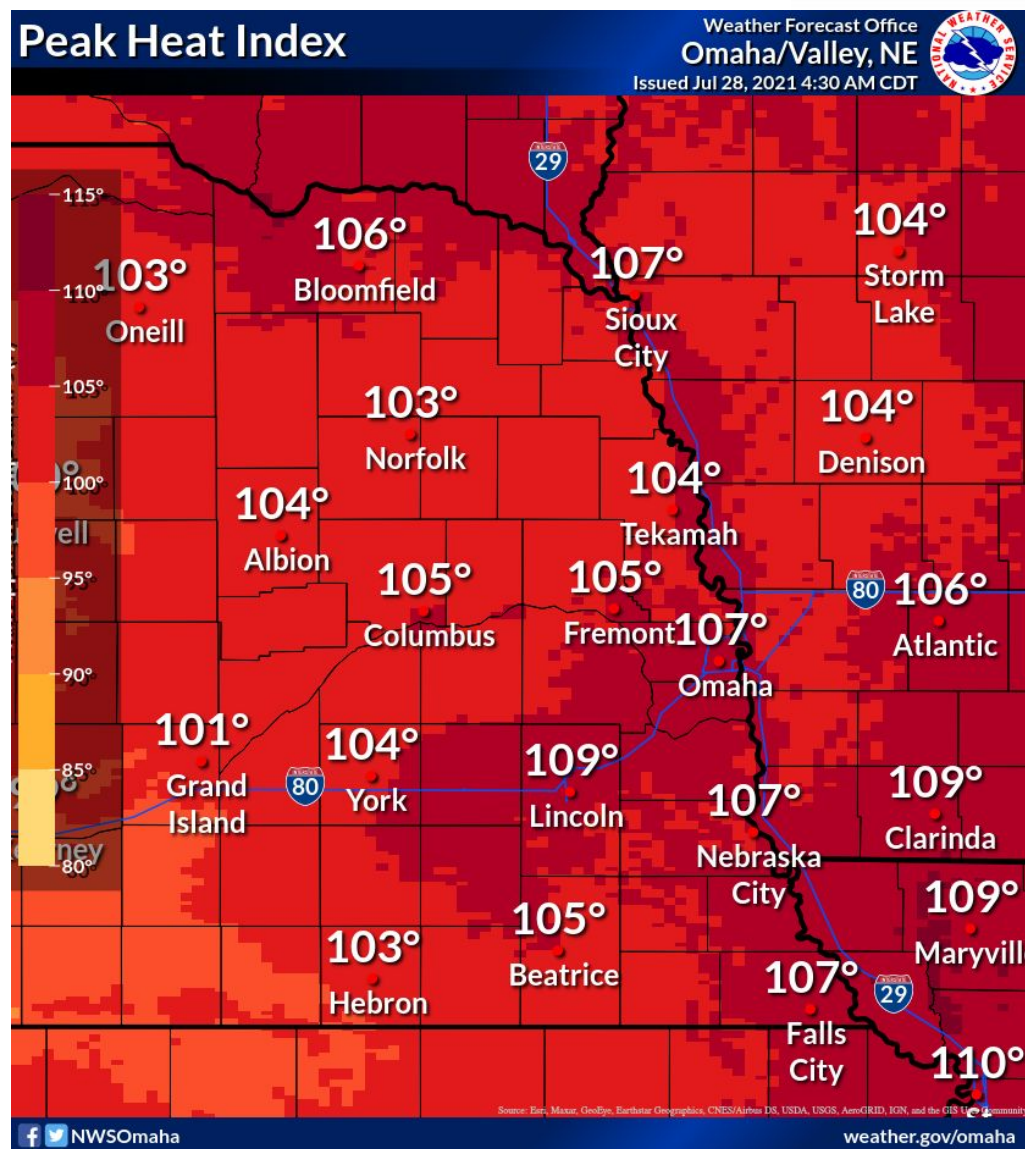
Thursday



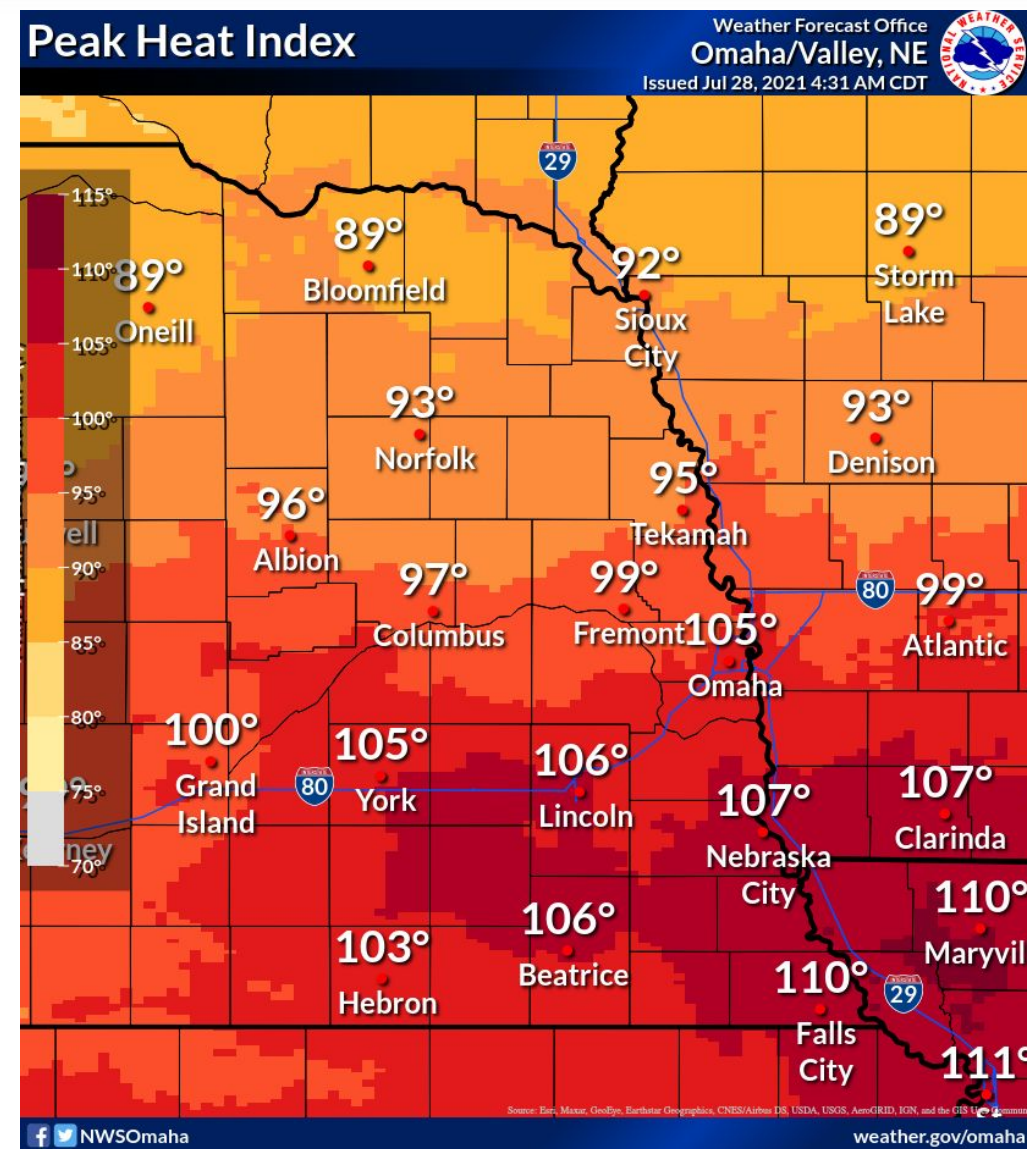


Peak Heat Index Values

July 28, 2021
4:41 AM



Today



Thursday



Staying Safe in the Heat

July 28, 2021
4:41 AM

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none"> Get to a cooler, air conditioned place Drink water if fully conscious Take a cool shower or use cold compresses 		<p>CALL 9-1-1</p> <ul style="list-style-type: none"> Take immediate action to cool the person until help arrives

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 28, 2021
4:41 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.





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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.