



# Very Hot and Humid



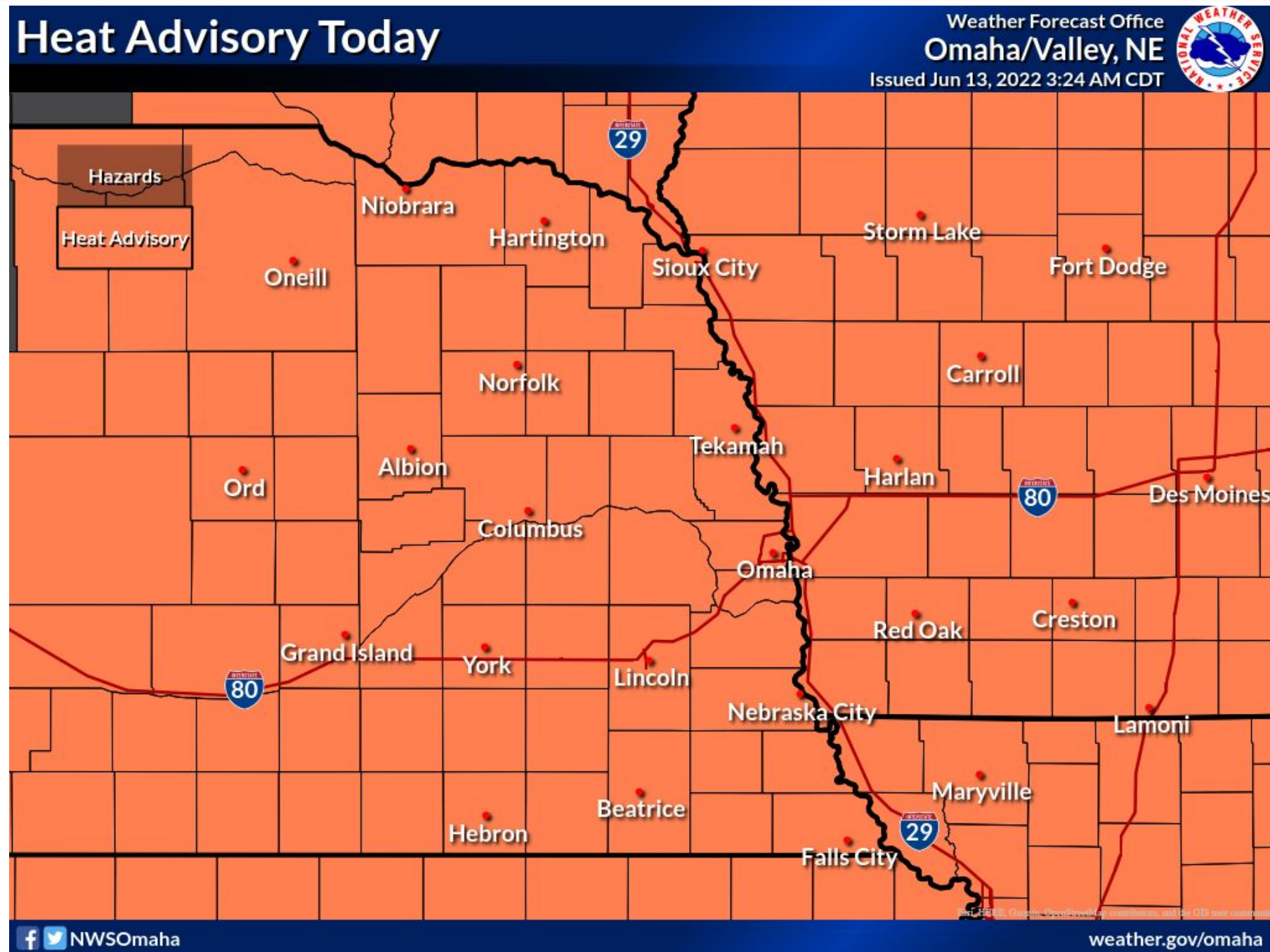
June 13, 2022  
3:28 AM

## Key Messages

- Heat advisory in effect this afternoon 1 pm through 8 pm
- Afternoon temperatures in the lower 100s, setting daytime records.
- Heat index values as high as 104 to 109° during the afternoon.
- Make sure to stay hydrated with water.
- Seek frequent breaks in the shade if working outdoors.

## Forecast vs Records Today

	Forecast	Record
Omaha	103°	101°
Lincoln	105°	102°
Norfolk	103°	102°

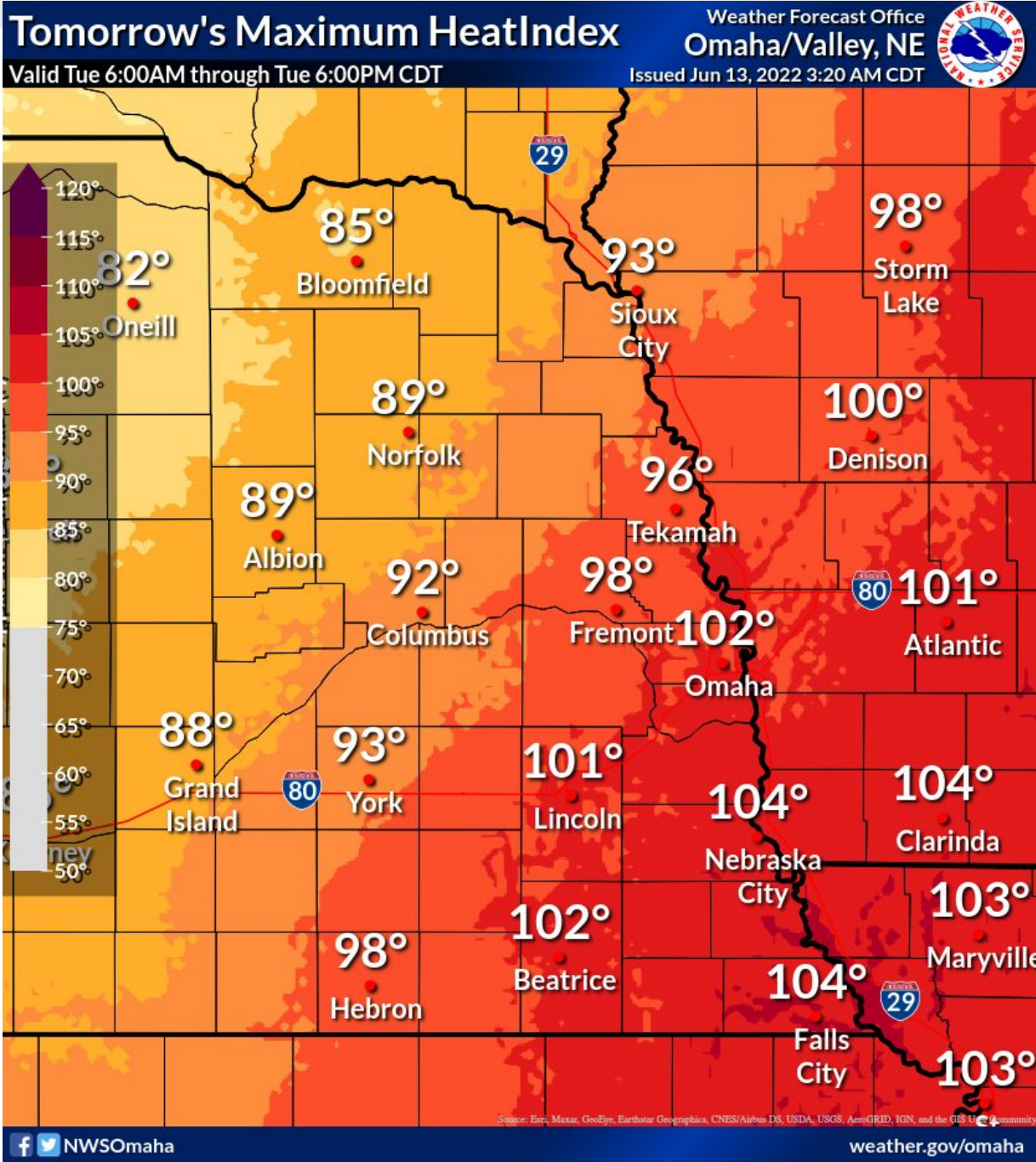
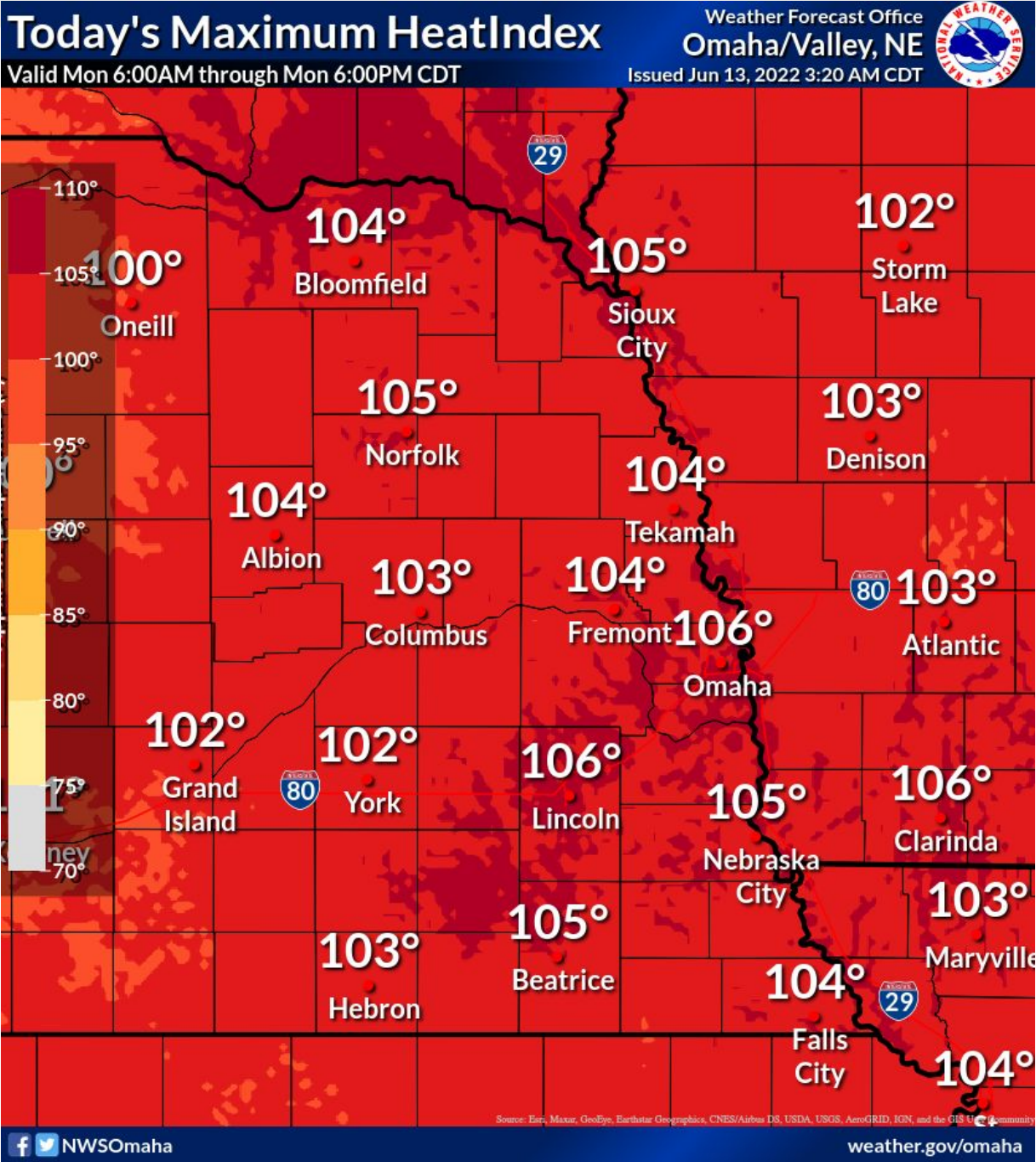






# Heat Index Forecast

June 13, 2022  
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National Oceanic and  
Atmospheric Administration  
U.S. Department of Commerce

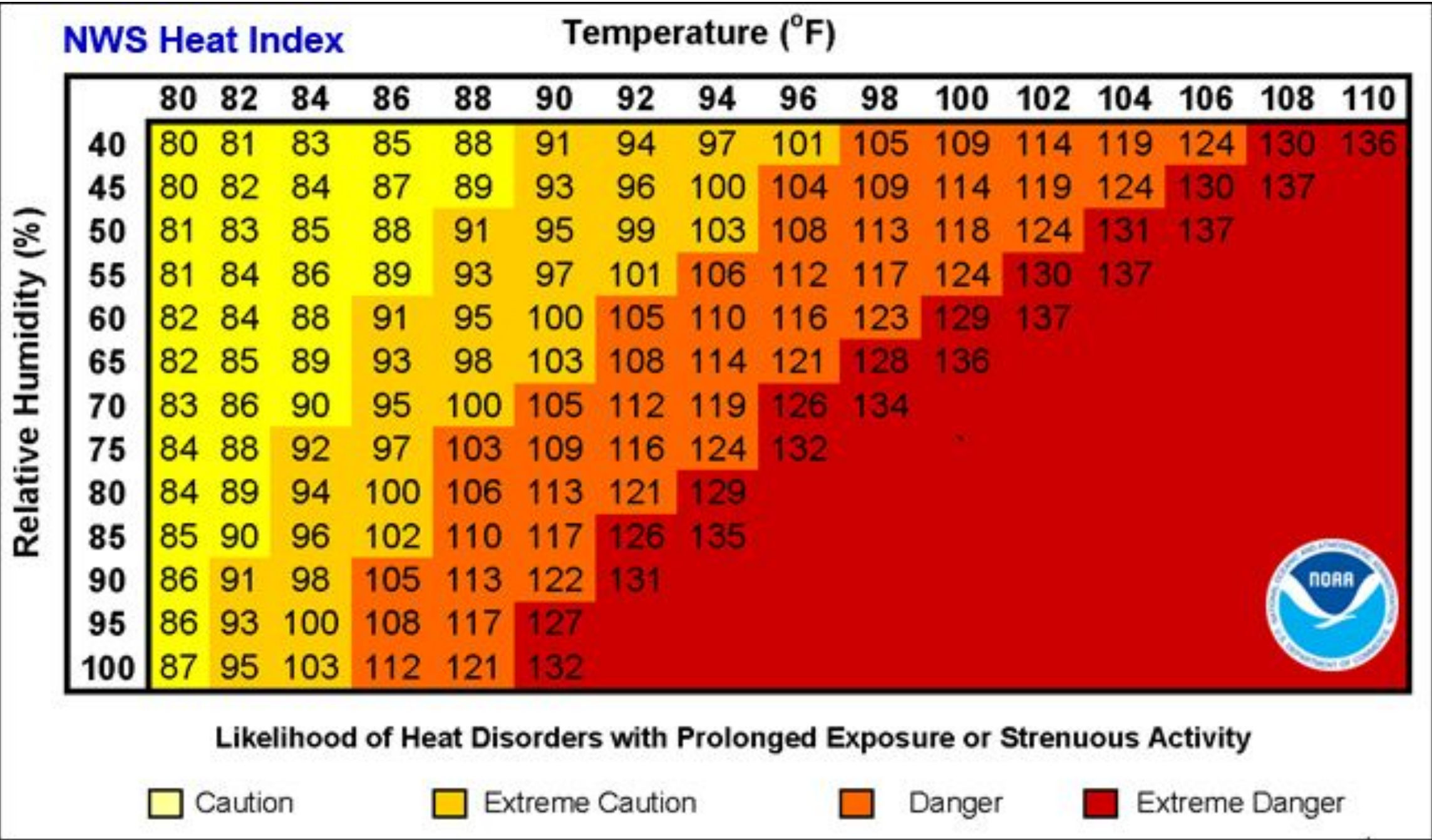
National Weather Service  
Omaha/Valley, NE





# Heat Index Table

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# Heat Can Escalate Quickly

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Stay Cool and Hydrated Out There

**Warm 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.

**Additional Heat Safety Tips:** [weather.gov/heat](https://www.weather.gov/heat)



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