



Excessive Heat Watch

June 17, 2022
6:22 AM

Forecast Changes

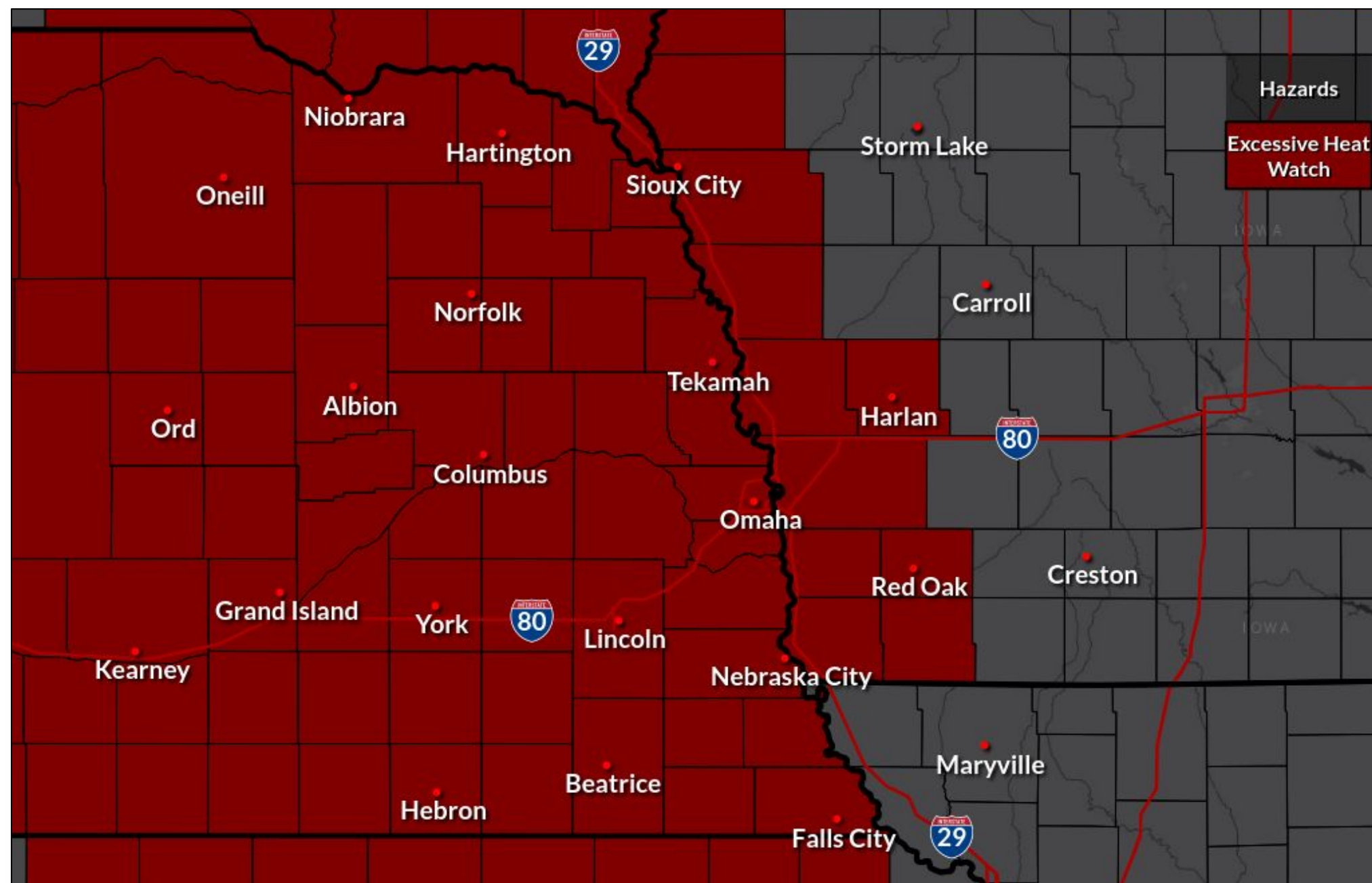
None - The Excessive Heat Watch remains in place

Key Messages

- Hazardous heat is expected Saturday through Monday
- Appropriate precautions should be taken to avoid heat related illness

Next Forecast Update

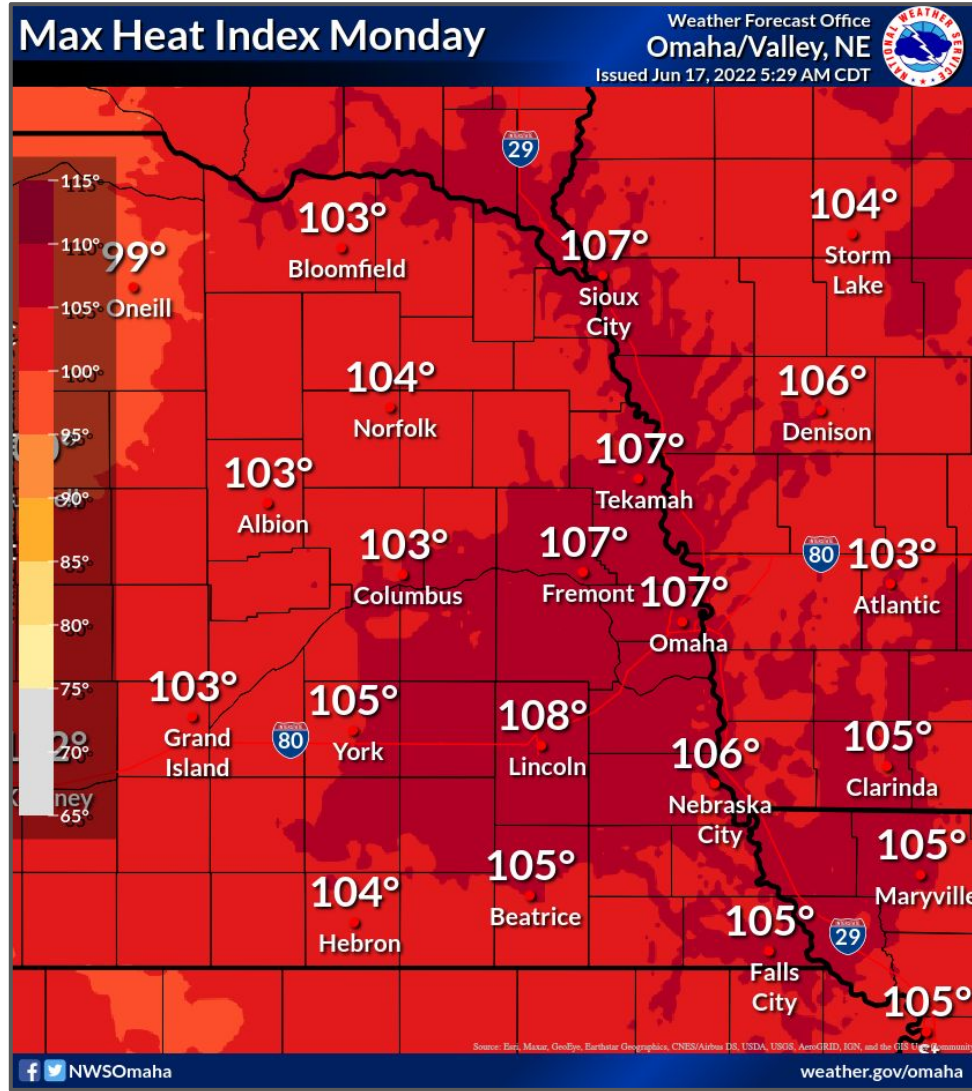
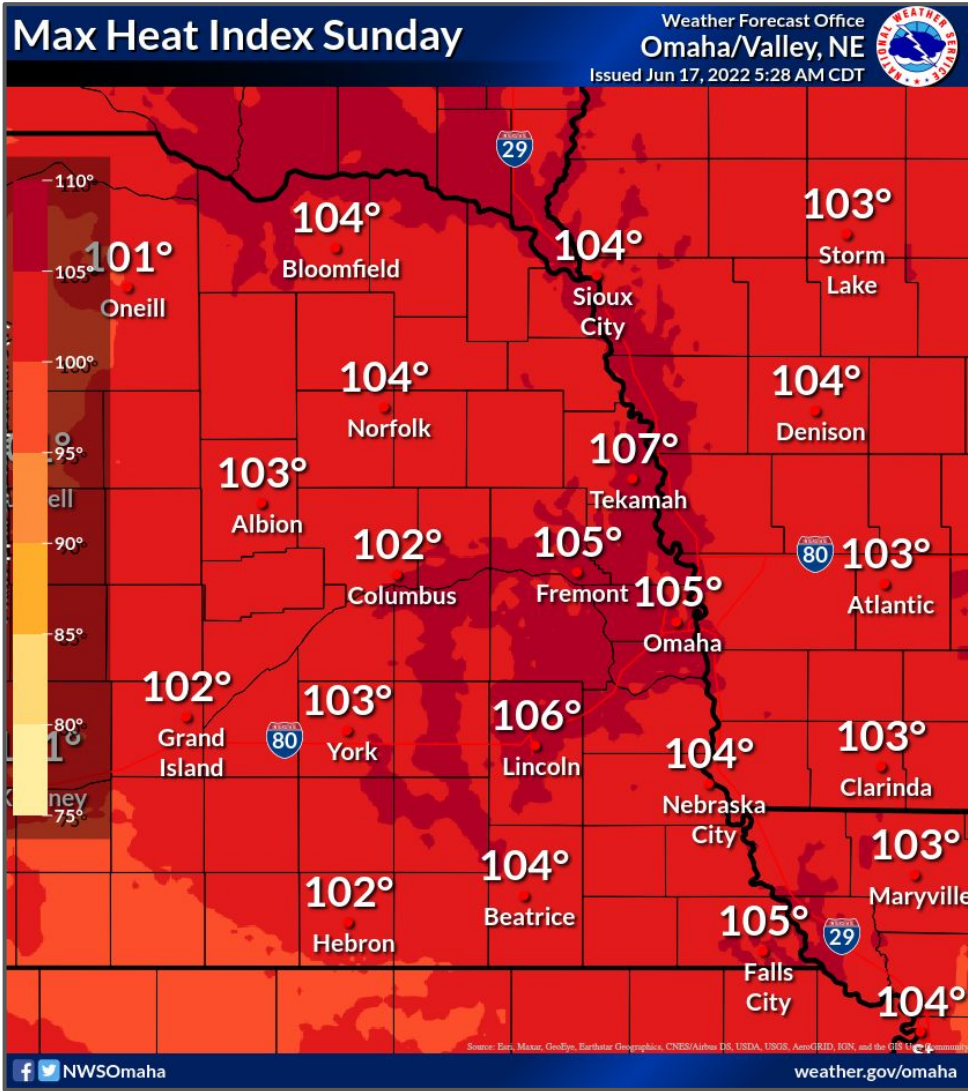
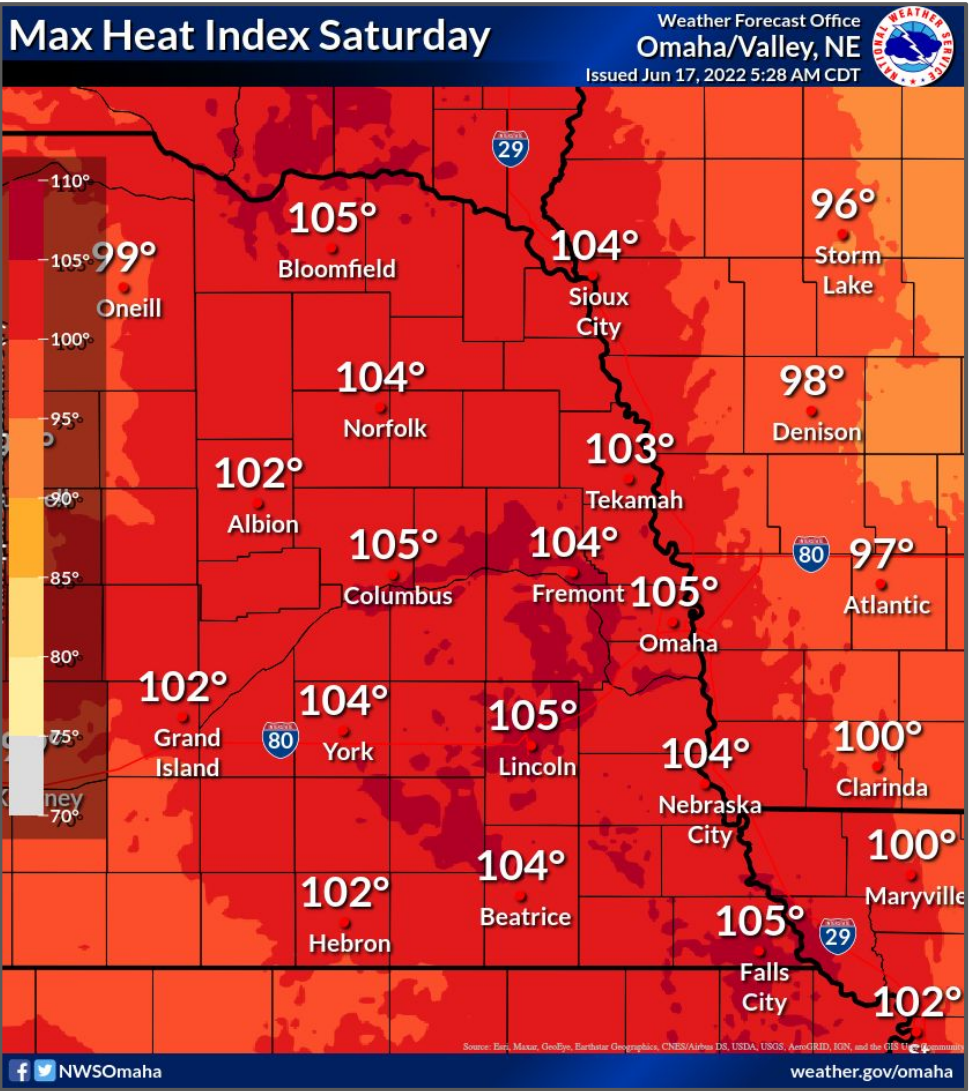
By 5 PM this evening





Heat Index Forecast

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Tabular Heat Index Forecast

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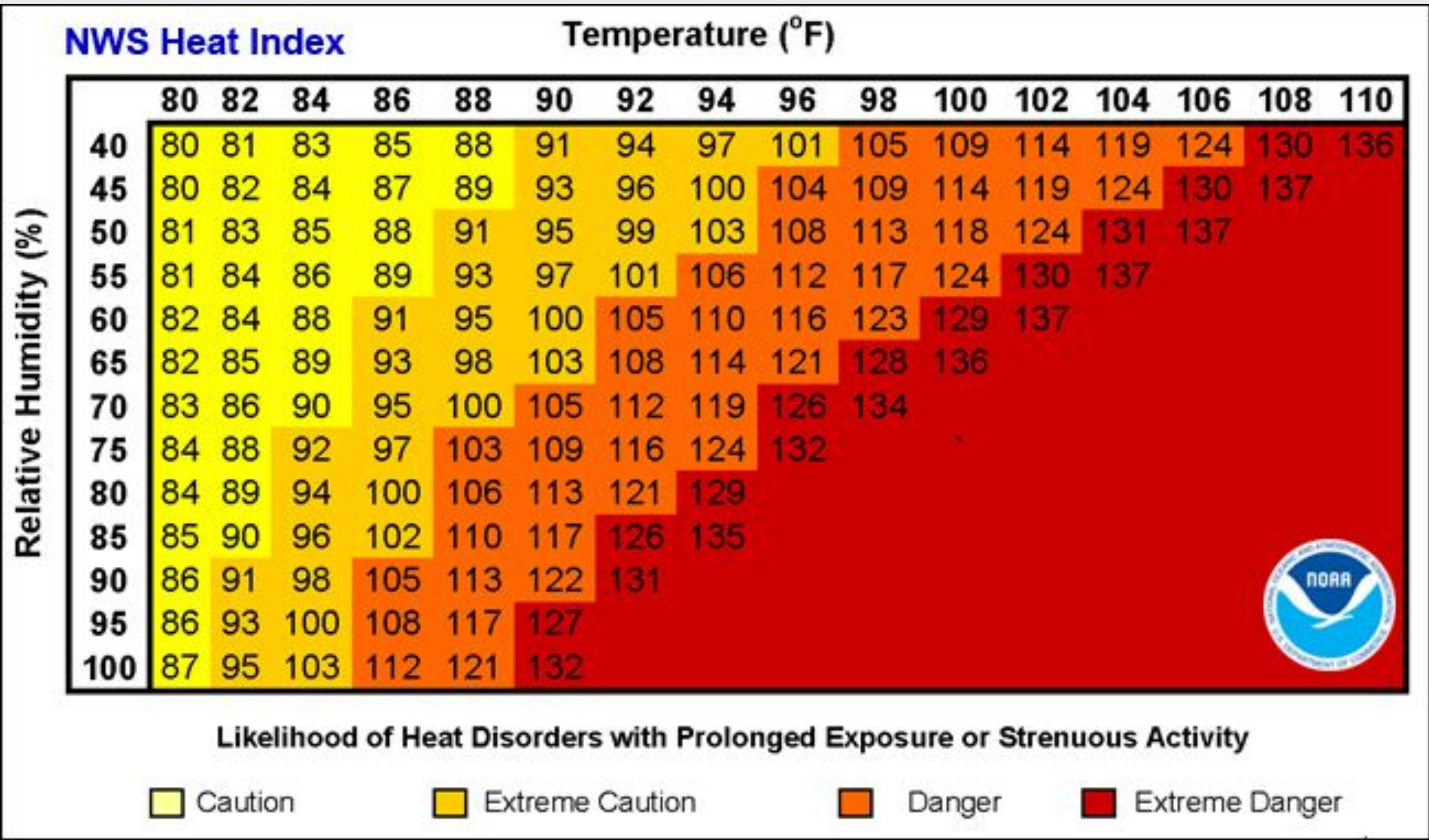
Maximum Heat Index Forecast																				
	6/17 Fri			6/18 Sat				6/19 Sun				6/20 Mon				6/21 Tue				Maximum
	6am	12pm	6pm	12am	6am	12pm	6pm	12am	6am	12pm	6pm	12am	6am	12pm	6pm	12am	6am	12pm	6pm	
Albion	79	97	94	75	90	101	98	83	95	104	99	84	89	102	97	77	83	88	86	104
Beatrice	88	103	100	78	93	104	99	83	95	103	99	84	93	105	100	82	87	94	91	105
Bloomfield	81	91	90	75	89	102	99	85	95	104	100	85	90	102	97	77	79	86	85	104
Clarinda, IA	85	96	95	74	86	100	95	75	93	105	101	83	96	106	102	83	91	97	95	106
Columbus	79	98	96	77	90	104	100	83	95	105	101	85	92	105	99	81	85	89	88	105
Fairbury	88	101	100	78	92	103	98	83	93	102	99	83	92	105	99	81	87	94	92	105
Falls City	88	103	101	78	90	106	100	78	94	105	100	85	94	106	102	85	89	97	95	106
Fremont	83	97	95	75	88	106	101	79	96	106	103	85	93	107	101	82	87	93	90	107
Harlan, IA	79	91	89	70	83	97	93	75	91	103	101	83	93	105	99	79	86	92	90	105
Lincoln	85	102	100	79	93	107	103	85	95	107	102	88	96	109	102	85	89	95	94	109
Nebraska City	83	99	96	77	89	105	99	79	94	105	102	84	95	108	102	83	88	95	93	108
Neligh	81	93	92	76	89	101	98	84	95	104	102	85	90	102	97	78	82	86	86	104
Norfolk	82	93	92	76	90	102	98	84	96	104	101	85	92	103	98	81	84	89	87	104
Omaha	82	98	95	77	88	106	100	79	94	107	102	87	94	109	102	86	87	95	93	109
Onawa, IA	82	93	91	74	87	104	100	82	96	108	103	87	94	107	102	83	87	93	90	108
Red Oak, IA	84	96	95	74	85	101	96	77	92	105	101	85	95	108	102	84	89	95	93	108
Seward	78	100	97	76	91	104	101	83	93	104	101	84	93	106	101	82	86	93	90	106
Tekamah	81	93	92	72	87	104	99	77	94	107	102	85	94	106	100	79	87	92	89	107
Wayne	81	91	90	74	88	104	100	83	95	105	102	85	92	105	99	81	84	88	87	105





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.



National Oceanic and
Atmospheric Administration
U.S. Department of Commerce

**National Weather Service
Omaha/Valley, NE**



Heat Illness Identification

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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



Heat Stroke

ACT FAST

CALL 911

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

Confusion

Dizziness

Becomes Unconscious

Heat exhaustion can lead to heat stroke.

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



National Institute for
Occupational Safety and Health
NIOSH

Stay Cool, Stay Hydrated, Stay Informed!



National Oceanic and
Atmospheric Administration
U.S. Department of Commerce


National Weather Service
Omaha/Valley, NE



Heat Safety

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Heat Related Deaths
ARE Preventable
LOOK BEFORE YOU LOCK



The temperature in your car can quickly become deadly!

Outside Temperature 80°

Inside Temperature	Time Elapsed
99°	10 Minutes
109°	20 Minutes
114°	30 Minutes
123°	60 Minutes

 weather.gov/heat nhtsa.gov

Practice HEAT SAFETY Wherever You Are

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




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.

 weather.gov/heat

