



# Heat Advisory Today

August 5, 2022  
6:26 AM

## Key Messages

- Heat Advisory
  - ◆ Today from Noon to 8 pm
- Peak Forecast Heat Index values in the Advisory area: 101°-109°
- For the rest of eastern NE and southwest IA - peak Heat Index values today from 97°-104°

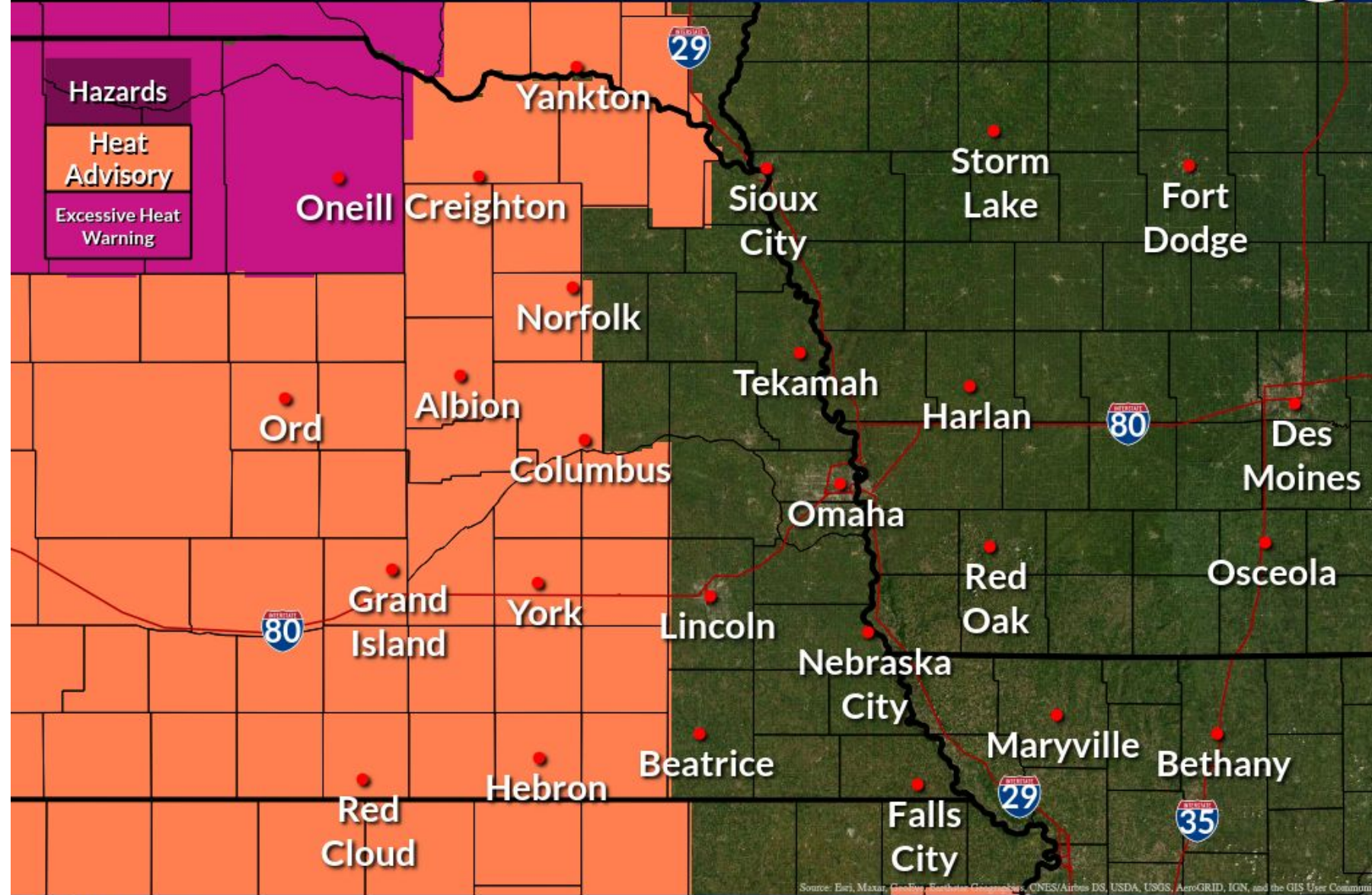
## What You Should Do

- Drink plenty of water to stay hydrated.
- Seek frequent breaks in the shade or air conditioning if working outside.
- Wear sunscreen.
- Check on elderly family, friends, and neighbors.
- Never leave children or pets unattended in a closed vehicle.

## Heat Advisory Today

Weather Forecast Office  
Omaha/Valley, NE

Issued Aug 05, 2022 3:42 AM CDT



f NWSOmaha

weather.gov/omaha



# Heat Advisory Saturday

August 5, 2022  
6:26 AM

## Key Messages

- Heat Advisory
  - ◆ Saturday from Noon to 9 pm
- Peak Forecast Heat Index values in the Advisory area: 104°-114°
- For the rest of eastern NE and southwest IA - peak Heat Index values today from 95°-104°

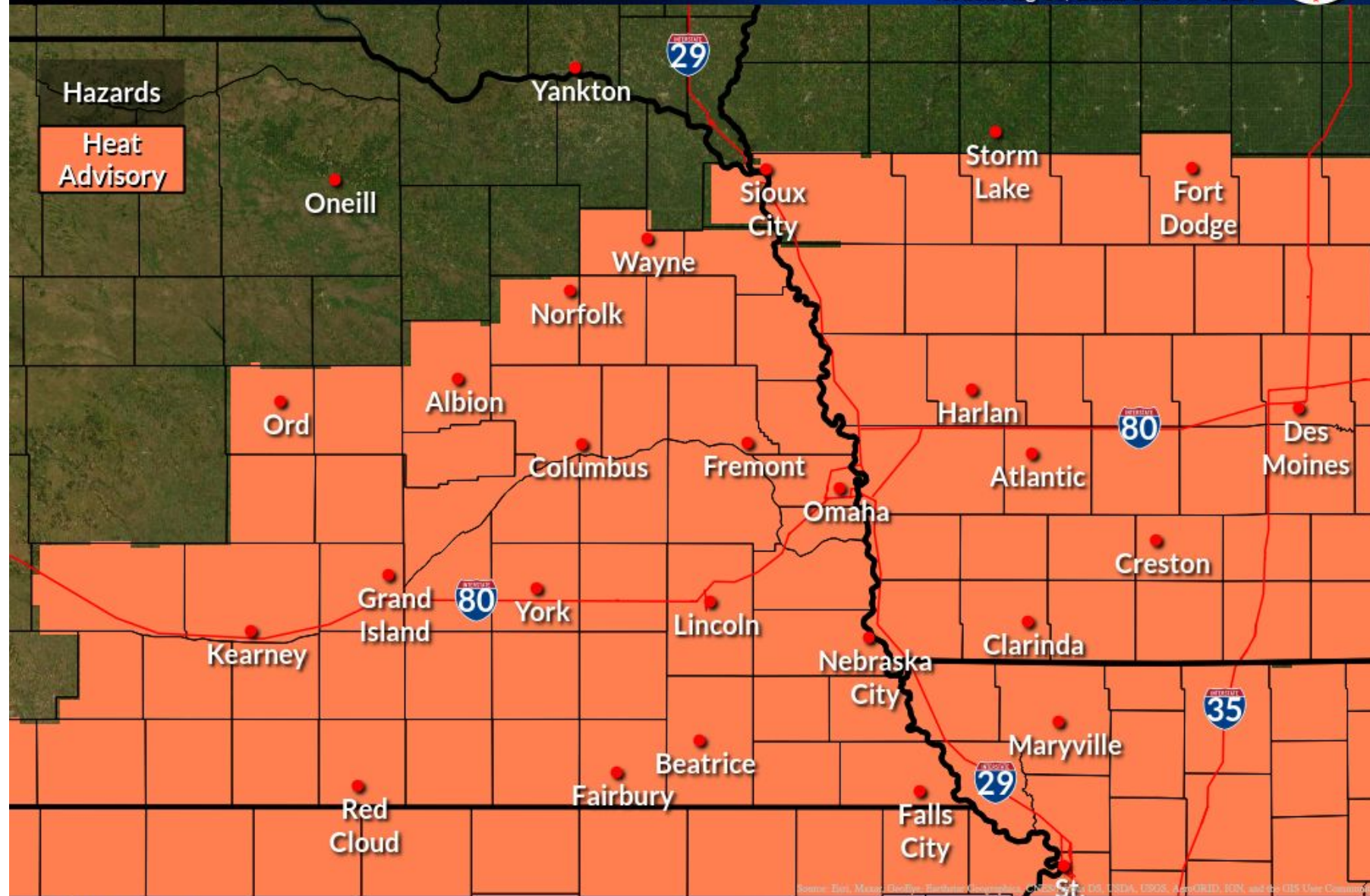
## What You Should Do

- Drink plenty of water to stay hydrated.
- Seek frequent breaks in the shade or air conditioning if working outside
- Wear sunscreen.
- Check on elderly family, friends, and neighbors.
- Never leave children or pets unattended in a closed vehicle.

## Heat Advisory Saturday

Weather Forecast Office  
Omaha/Valley, NE

Issued Aug 05, 2022 6:17 AM CDT



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

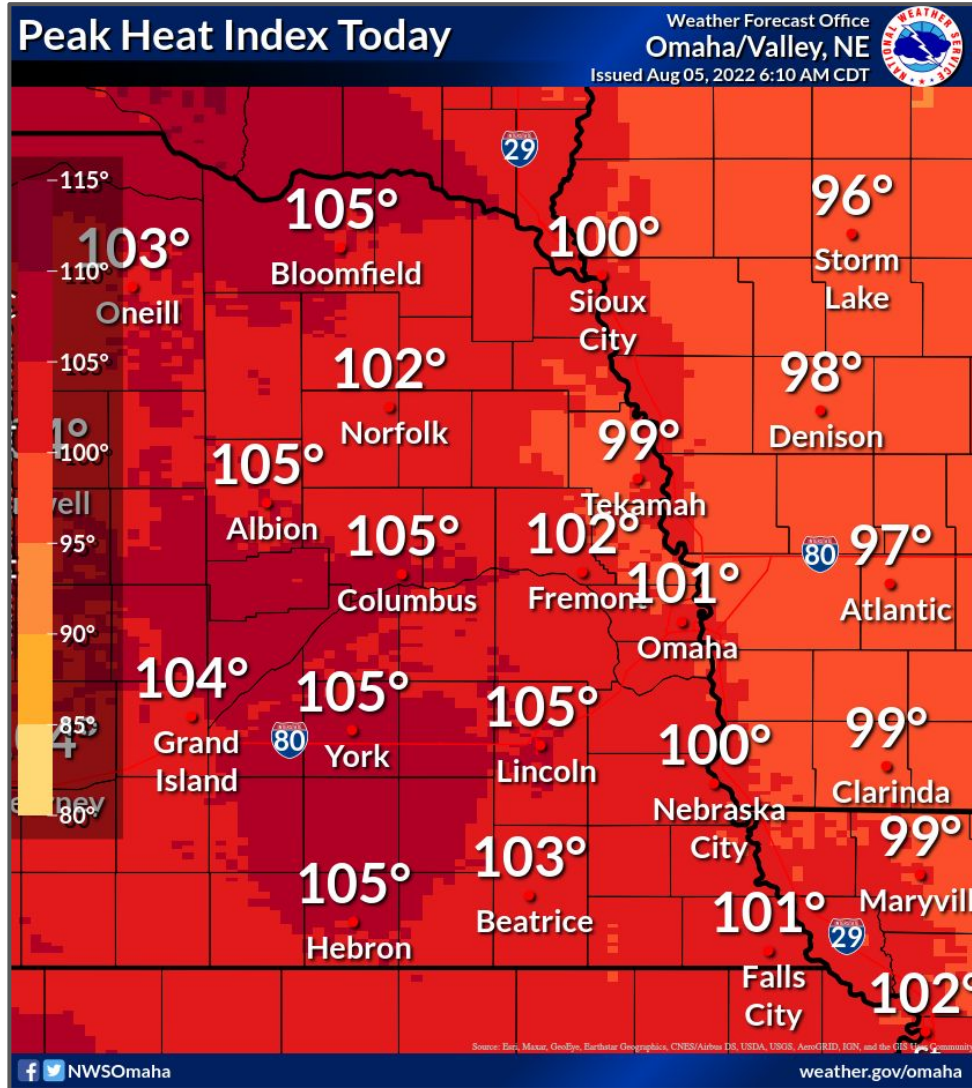
National Weather Service  
Omaha/Valley, NE



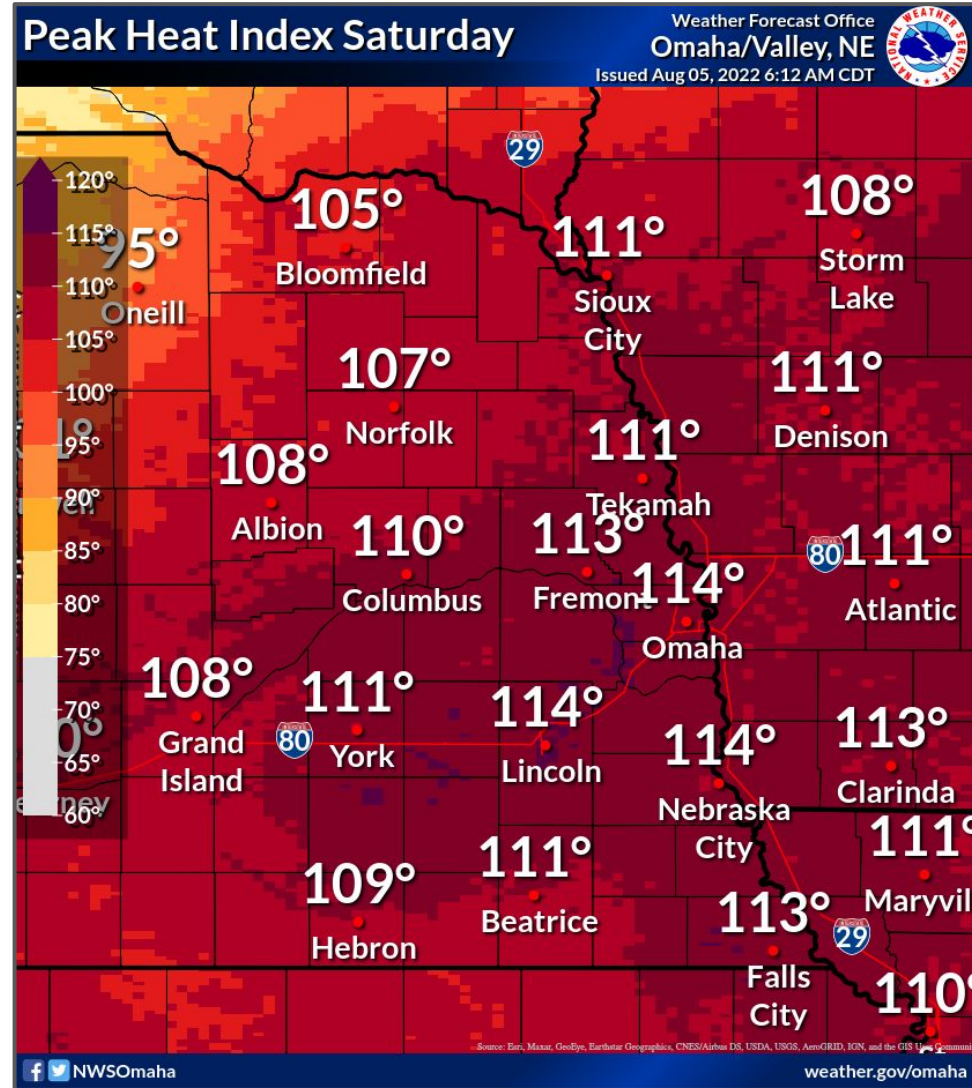
# Forecast of Peak Heat Index Values

August 5, 2022  
6:26 AM

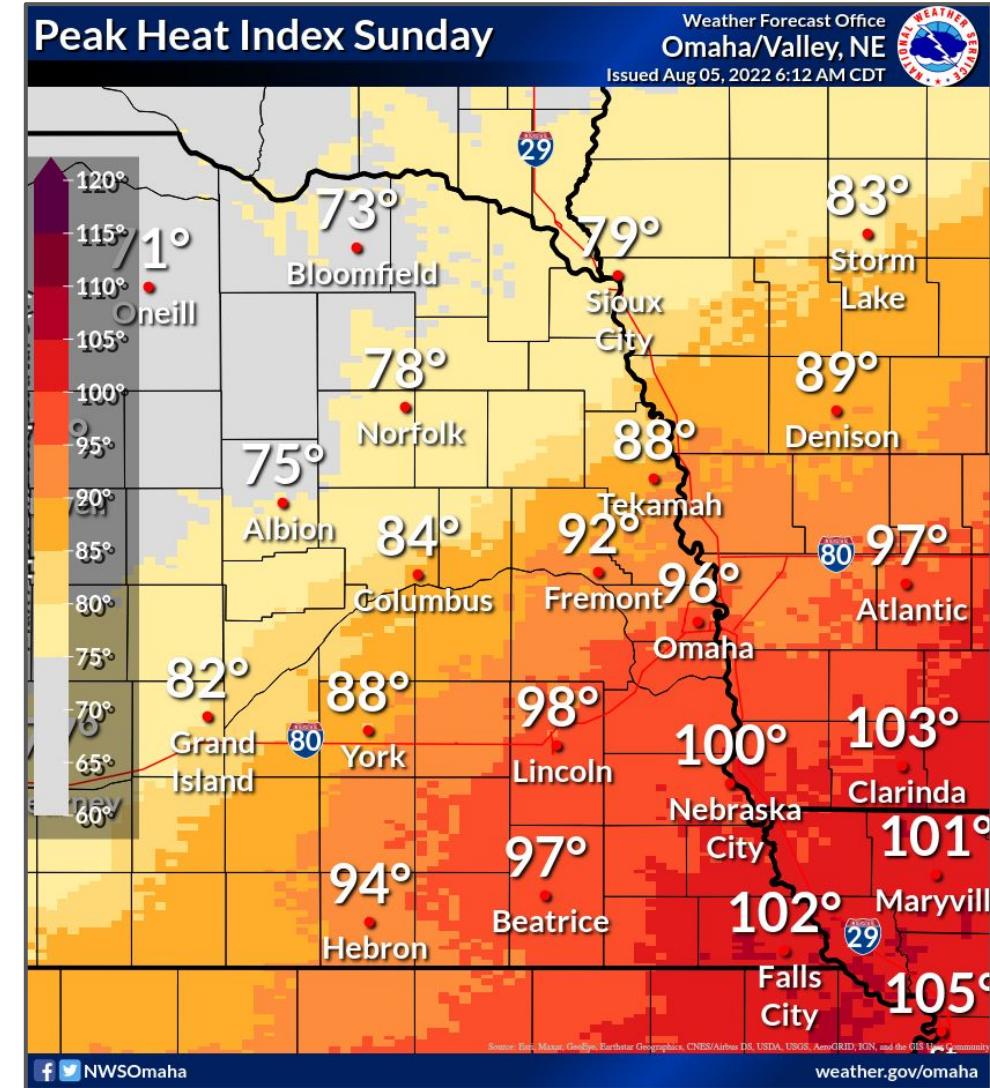
## Today - Friday - August 8, 2022



## Saturday - August 9, 2022



## Sunday - August 10, 2022





# Tabular Heat Index Forecast

August 5, 2022  
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## Maximum Heat Index Forecast

	8/5 Fri					8/6 Sat					8/7 Sun					Maximum					
	9am	12pm	3pm	6pm	9pm	12am	3am	6am	9am	12pm	3pm	6pm	9pm	12am	3am		6am	9am	12pm	3pm	6pm
Albion	91	102	104	102	91	79	77	76	96	103	106	98	77	71	69	66	71	71	71	69	106
Beatrice	92	99	101	101	93	86	79	83	96	106	109	108	97	88	83	77	88	92	92	90	109
Bloomfield	90	103	104	104	91	85	78	76	93	101	101	90	73	69	67	65	67	69	70	71	104
Clarinda, IA	87	96	98	97	84	74	73	78	99	109	110	108	95	87	79	78	94	99	100	95	110
Columbus	91	102	104	104	90	86	78	79	99	107	107	106	90	76	73	70	77	79	79	75	107
Fairbury	90	100	101	101	93	83	78	79	96	104	107	105	95	86	79	76	86	91	91	87	107
Falls City	89	98	101	99	86	77	75	79	98	107	110	109	94	87	83	79	92	98	100	97	110
Fremont	89	98	100	99	89	84	77	79	98	107	109	109	94	79	76	74	84	88	88	82	109
Harlan, IA	84	93	96	94	85	75	73	77	98	106	109	107	93	79	76	74	85	88	88	79	109
Lincoln	94	102	104	103	95	90	86	86	100	110	111	110	100	91	85	78	89	94	94	89	111
Nebraska City	88	98	99	99	88	79	77	79	99	109	111	109	97	90	85	79	91	96	96	91	111
Neligh	91	102	103	101	91	83	78	76	94	102	102	92	73	69	67	65	67	68	69	69	103
Norfolk	89	99	101	101	90	83	78	77	95	105	105	98	79	72	69	67	73	75	74	73	105
Omaha	88	98	99	98	93	87	84	79	97	109	111	109	100	92	86	78	88	92	93	87	111
Onawa, IA	87	98	99	99	88	79	76	79	98	109	109	105	91	76	74	72	79	84	83	77	109
Red Oak, IA	86	94	97	96	85	76	75	79	98	107	110	108	95	89	83	78	90	95	96	92	110
Seward	91	103	104	102	90	84	78	79	98	109	110	105	94	84	76	75	85	90	88	79	110
Tekamah	86	97	98	97	86	76	75	78	98	106	109	106	91	76	73	72	79	84	84	77	109
Wayne	88	100	102	101	90	79	76	76	96	103	103	98	77	71	69	67	72	73	72	72	103

\*Table values in °F

\*\*Created: 3 am CDT Fri 8/5/2022

\*\*\*Values are maximums over the period beginning at the time shown.





# Heat Index Table

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NWS Heat Index		Temperature (°F)															
		80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
Relative Humidity (%)	40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
	45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
	50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
	55	81	84	86	89	93	97	101	106	112	117	124	130	137			
	60	82	84	88	91	95	100	105	110	116	123	129	137				
	65	82	85	89	93	98	103	108	114	121	128	136					
	70	83	86	90	95	100	105	112	119	126	134						
	75	84	88	92	97	103	109	116	124	132							
	80	84	89	94	100	106	113	121	129								
	85	85	90	96	102	110	117	126	135								
	90	86	91	98	105	113	122	131									
	95	86	93	100	108	117	127										
100	87	95	103	112	121	132											

**Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity**

Caution
  Extreme Caution
  Danger
  Extreme Danger





# Heat Illness Identification

August 5, 2022  
6:26 AM

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

*Heat exhaustion can lead to heat stroke.*

## 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 when possible.
- Never leave children or pets unattended in a closed vehicle.
- Check on the elderly.



Stay Cool, Stay Hydrated, Stay Informed!





# Heat Safety

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6:26 AM

**Heat Related Deaths**  
**ARE Preventable**  
**LOOK BEFORE YOU LOCK**

The temperature in your car can quickly become deadly!

Outside Temperature 80°

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

[weather.gov/heat](http://weather.gov/heat) [nhtsa.gov](http://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](http://weather.gov/heat)