



# Dangerous Heat & Humidity

Extreme Heat Warning now in effect until 9 PM EDT Friday

## What

- Dangerously hot and humid with heat index values of 100 - 115
- Daily high temperatures in the low to mid 90s
- Overnight temperatures in the mid 70s will not provide much relief from the heat

## Where

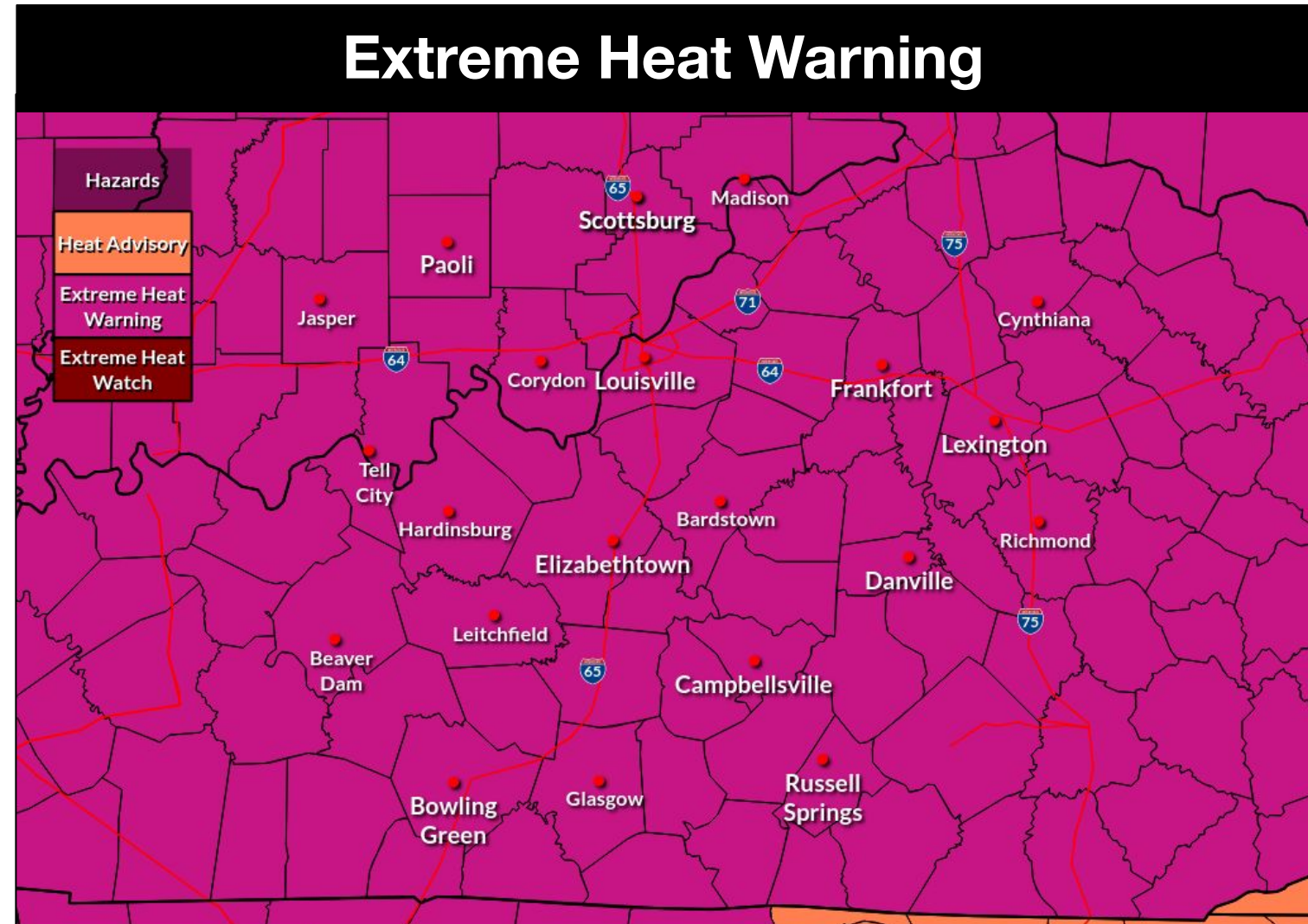
- All of southern Indiana and central Kentucky

## When

- Until Late Friday Evening, July 3rd

## Safety Tips

- Do NOT leave young children and pets in unattended vehicles! Car interiors will reach lethal temperatures in a matter of minutes



## Extreme Heat Warning

Hazards
Heat Advisory
Extreme Heat Warning
Extreme Heat Watch

## Forecast Confidence

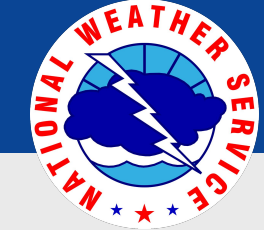


Low

Medium

High





# Forecast Through 4th of July Weekend

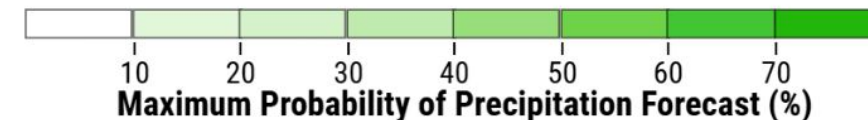
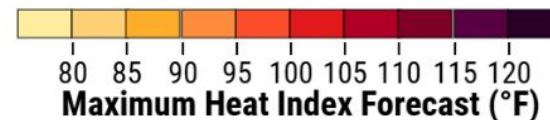
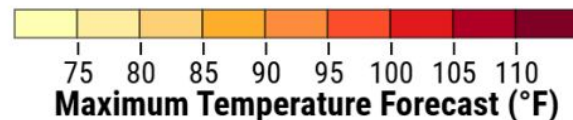
June 30, 2026  
3:44 PM EDT

## Maximum Temperature, Heat Index, and Probability of Precipitation

### Maximum Temperature (°F) & Maximum Heat Index (°F) & Maximum Probability of Precipitation (%) Forecast

		7/1	7/2	7/3	7/4	7/5	7/6
		Wed	Thu	Fri	Sat	Sun	Mon
Bowling Green	Max Temp	96	97	94	93	92	91
	HeatIndex	110	110	107	105	103	102
	PoP	10	25	25	30	50	45
Burkesville	Max Temp	97	98	96	94	92	91
	HeatIndex	109	110	107	103	103	102
	PoP	5	25	25	30	55	60
Campbellsville	Max Temp	95	96	94	91	90	88
	HeatIndex	106	106	105	100	99	96
	PoP	0	20	35	35	50	50
Elizabethtown	Max Temp	94	95	93	91	89	88
	HeatIndex	107	109	106	103	100	98
	PoP	0	10	25	40	55	45
Frankfort	Max Temp	98	98	96	94	92	90
	HeatIndex	111	111	109	106	103	101
	PoP	0	5	30	40	55	40

		7/1	7/2	7/3	7/4	7/5	7/6
		Wed	Thu	Fri	Sat	Sun	Mon
Jasper, IN	Max Temp	94	95	93	91	90	88
	HeatIndex	109	110	108	103	102	98
	PoP	0	5	15	45	50	40
Lexington	Max Temp	96	96	95	92	90	89
	HeatIndex	104	105	104	101	98	96
	PoP	0	5	30	40	55	40
Louisville	Max Temp	97	98	97	94	92	91
	HeatIndex	107	109	107	103	101	99
	PoP	0	5	30	35	55	40
Madison, IN	Max Temp	95	95	94	91	89	87
	HeatIndex	107	107	105	101	98	94
	PoP	0	0	20	30	55	45
Richmond	Max Temp	95	96	94	92	89	88
	HeatIndex	104	105	102	100	97	96
	PoP	0	10	25	35	55	45





# What is Major HeatRisk?

extreme

3 - major

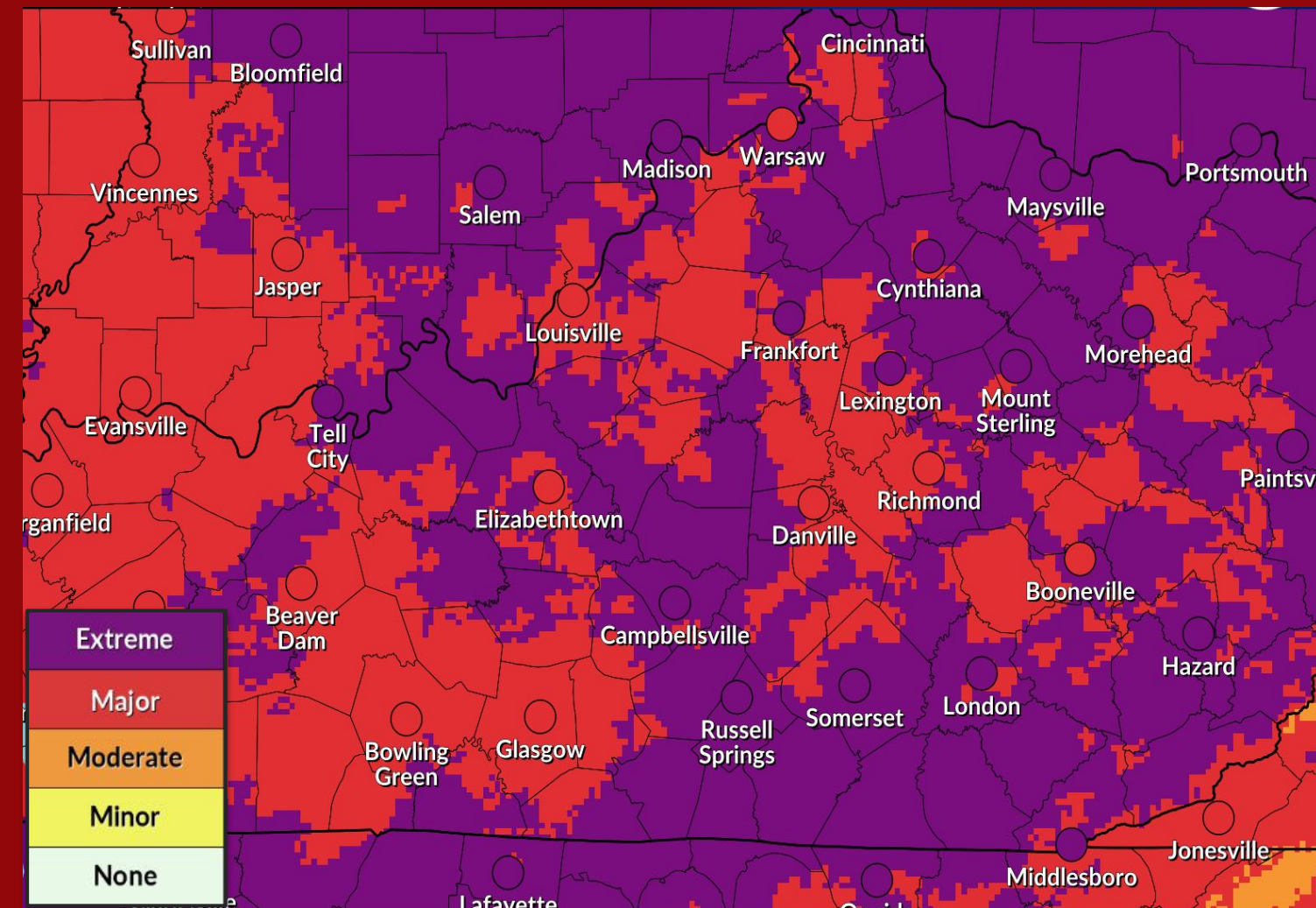
moderate

minor

little/none

Major HeatRisk is the **3rd of 4 levels** of HeatRisk

## HeatRisk Forecast Thursday PM



### What it means:

- Major Risk of heat-related illnesses for much of the population - especially those without effective cooling or hydration.
- Little to no relief at night - air conditioning is necessary - fans and open windows at night will not be enough.

### Actions to take:

- Drink plenty of water
- Wear lightweight, light-colored clothing
- Avoid outdoor activities during the warmest parts of the day
- Stay in an air conditioned location, especially during the day





# What is Extreme HeatRisk?

4 - extreme

major

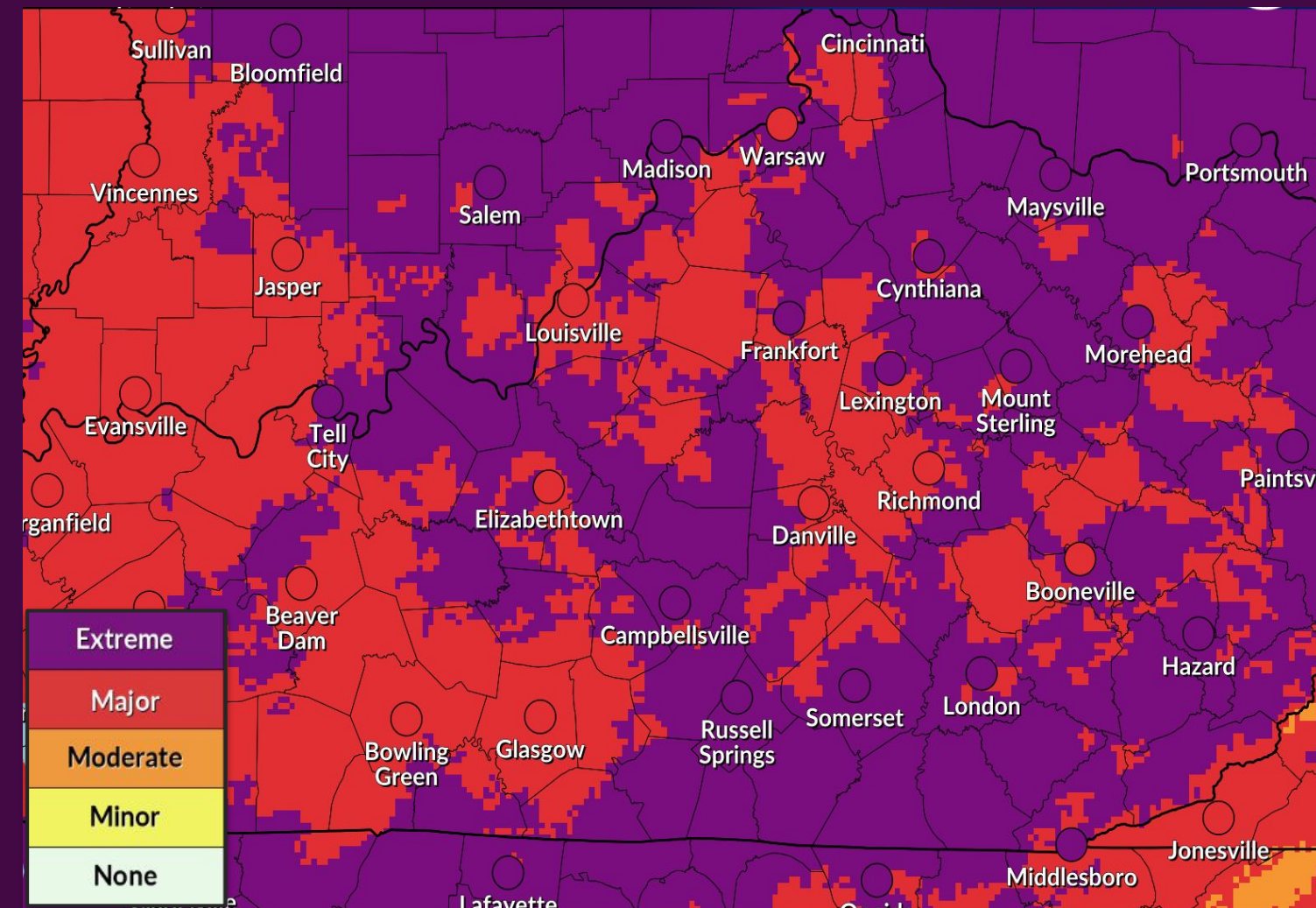
moderate

minor

little/none

Extreme HeatRisk is the  
**4th of 4 levels**  
of HeatRisk

## HeatRisk Forecast Thursday PM



### What it means:

- Extreme Risk of heat-related illnesses for the entire population - this is a prolonged heat event that is very dangerous unless precautions are taken.
- Little to no relief at night. Air conditioning is necessary - fans and open windows at night will not be enough.

### Actions to take:

- Drink plenty of water
- Wear lightweight, light-colored clothing
- Cancel outdoor activities
- Stay in an air conditioned place, including overnight
- Check on your neighbors



# Heat Related Deaths ARE Preventable LOOK BEFORE YOU LOCK



The temperature in your car can quickly become deadly!

Outside Temperature 80°



Time Elapsed:  
10 Minutes



Time Elapsed:  
20 Minutes



Time Elapsed:  
30 Minutes



Time Elapsed:  
60 Minutes



[weather.gov/heat](https://weather.gov/heat)

[nhtsa.gov](https://nhtsa.gov)

# Why is Excessive Heat so Dangerous?

# What can You do?

Heat becomes especially dangerous if it lingers for more than one day.

Hot days and warm nights don't give our bodies time to cool down.

Heat islands can intensify extreme hot weather, which can cause breathing problems, heat cramps, heat stroke, and may lead to illness or even death.

HEAT WARNING

Check on your friends, family and neighbors during heat waves.

Wear light, loose-fitting clothing and drink water often. Don't wait until you are thirsty.

Avoid unnecessary hard work or activities if you are outside or in a building without air-conditioning.

Stay in an air-conditioned area. Air conditioning is the strongest protective factor against heat-related illness.

