



Extreme Heat and Severe Storms Wednesday through Independence Day Weekend

July 1-5, 2026

OVERVIEW:

- An anomalous area of high pressure will drive potentially record breaking heat/humidity mid to late this week. As humidity increases into the weekend, severe storms are possible.

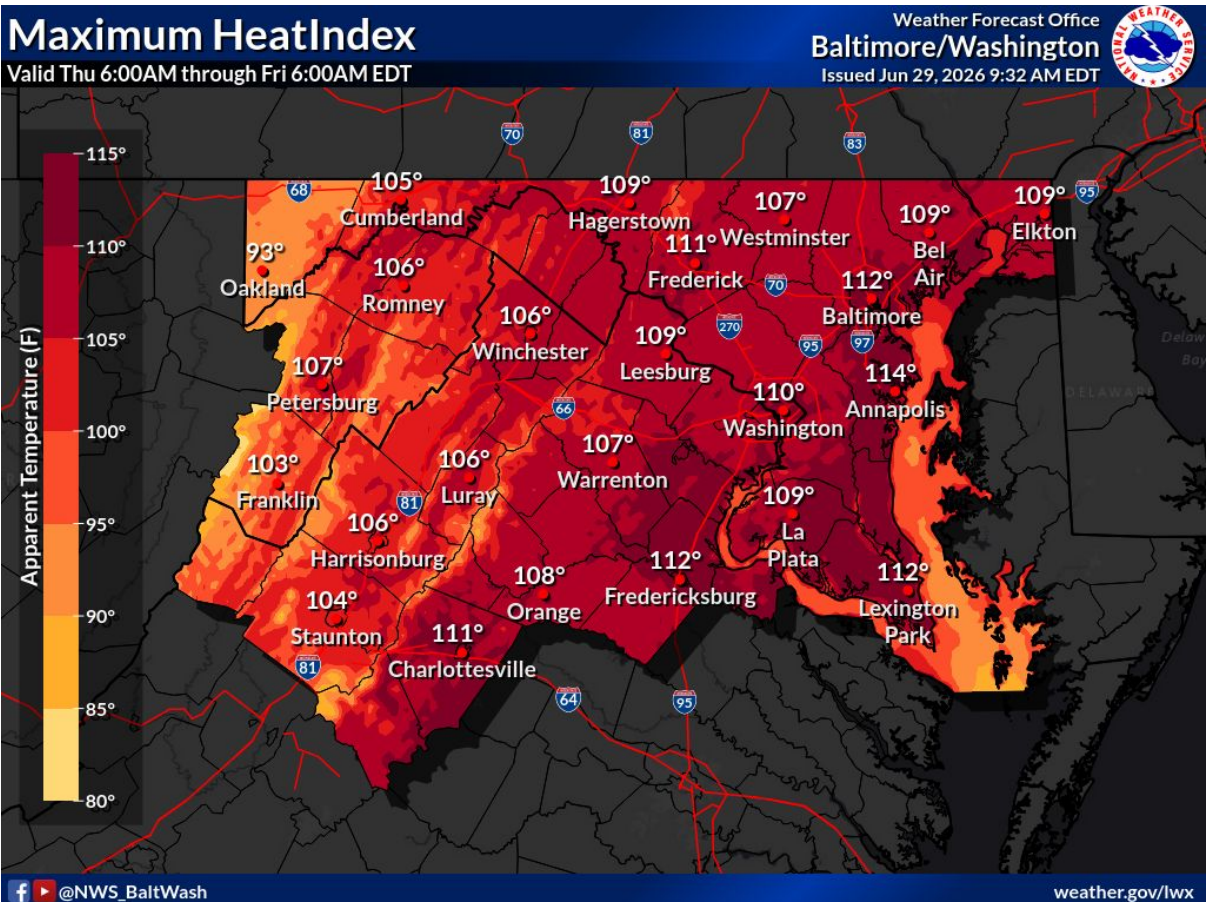
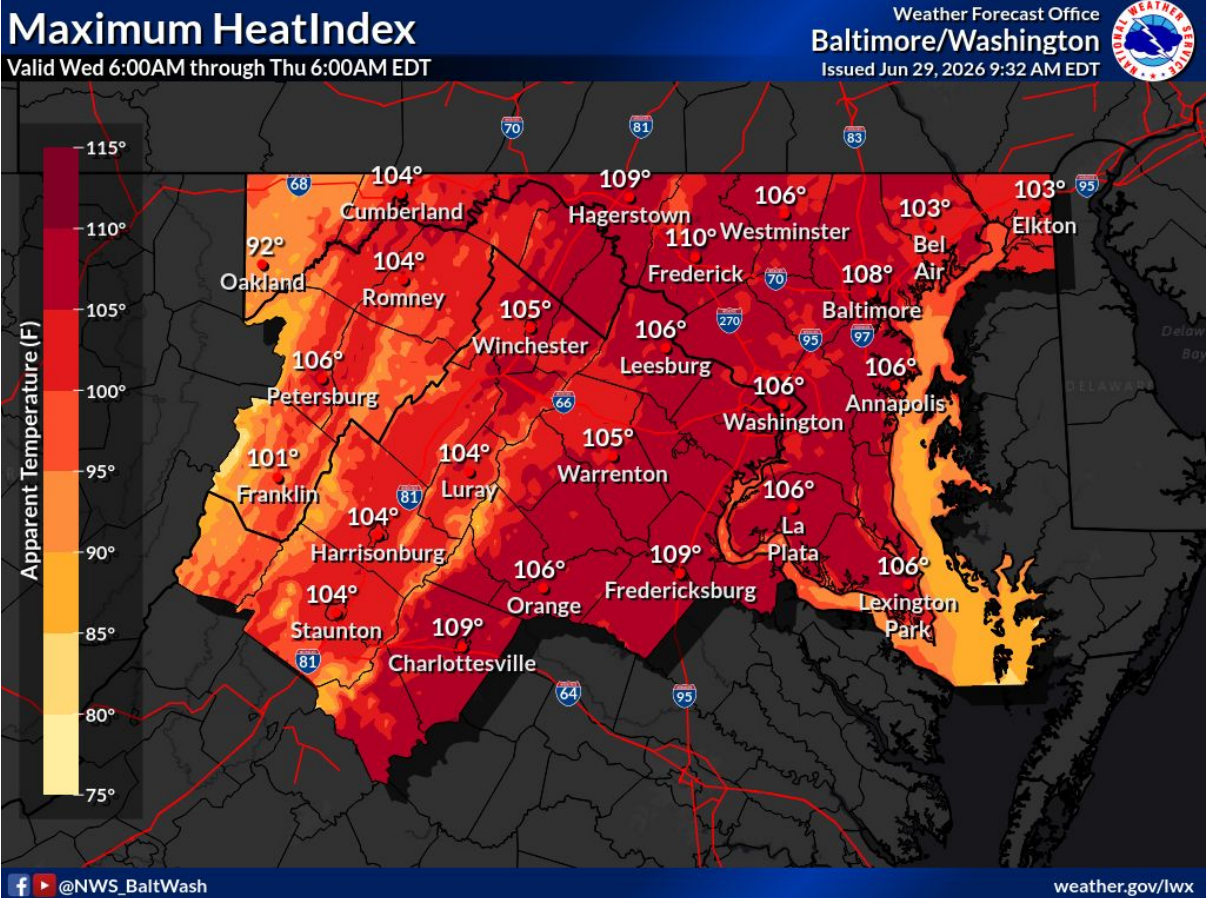
TIMING	<ul style="list-style-type: none"> Extreme Heat: July 1-5, 2026 Severe Thunderstorms: Each afternoon from July 3-5, 2026
HAZARDS & IMPACTS	<ul style="list-style-type: none"> High Temperatures: Upper 90s to Low 100s, Mid to Upper 80s over the higher elevations. Minimal relief at night with overnight lows in the upper 60s to mid 70s (upper 70s urban areas). Heat indices of 102-110 degrees are possible each afternoon. Extreme heat can result in increased risk for heat related illnesses. The combination of extreme heat and humidity will yield the potential for severe thunderstorms capable of producing instances of damaging winds, large hail, and locally heavy rainfall.
FORECAST CONFIDENCE	<ul style="list-style-type: none"> High confidence in a prolonged significant heat risk Wednesday through the Independence Day weekend. Confidence remains low on exactly when severe thunderstorms will occur Friday through Sunday. However, the potential is there for significant wind gusts over 70 mph in storms that do develop.
ADDITIONAL INFORMATION	<ul style="list-style-type: none"> Visit weather.gov/lwx & weather.gov/lwx/heat for the latest information.
NEXT BRIEFING	<ul style="list-style-type: none"> The next email for this threat will be at 4PM Tuesday, June 30, 2026.

Heat Exhaustion	Heat Stroke
<p>ACT FAST</p> <ul style="list-style-type: none"> Move to a cooler area Loosen clothing Sip cool water Seek medical help if symptoms don't improve 	<p>ACT FAST</p> <p>CALL 911</p> <ul style="list-style-type: none"> Move person to a cooler area Loosen clothing and remove extra layers Cool with water or ice
<p><i>Dizziness</i></p> <p><i>Thirst</i></p> <p><i>Heavy Sweating</i></p> <p><i>Nausea</i></p> <p><i>Weakness</i></p>	<p><i>Confusion</i></p> <p><i>Dizziness</i></p> <p><i>Becomes Unconscious</i></p>
<p><i>Heat exhaustion can lead to heat stroke.</i></p>	<p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>
<p>Stay Cool, Stay Hydrated, Stay Informed!</p>	



Extended Period of Extreme Heat

Forecast Max Heat Index July 1-2, 2026





Extended Period of Extreme Heat

Forecast Max Heat Index July 3-4, 2026

