

# DANGEROUS HEAT BY THIS WEEKEND

June 29, 2026  
4:30 PM EDT

## Key Messages

- Impacts could begin as early as Thursday. This is expected to last over many days.
- **EXTREME IMPACTS** possible this weekend.
- Temperatures this weekend may exceed 100° with it feeling like ~110°.

## *Heat* can escalate quickly.

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



Spend time in air conditioning and in the shade



weather.gov



# Extreme Heat Planning Timeline

## Pre-Season

Start planning before hot weather arrives.

- ✓ Build an emergency kit
- ✓ Make a plan for power outages
- ✓ Become trained in first aid for heat-related emergencies
- ✓ Check that your A/C and fans are in working order

## A Few Days Out

If the forecast calls for extreme heat, be ready.

- ✓ Gather food, water, and medication
- ✓ Make a list of friends and family to check on & help them prepare
- ✓ Know your local cooling shelters or other cool locations
- ✓ Reschedule outdoor events

## During and After

Remain vigilant and stay informed.

- ✓ Stay in air conditioning and out of the sun if possible
- ✓ Check on friends, family, neighbors, and pets
- ✓ Drink plenty of water
- ✓ Take breaks and use a buddy system if working outdoors

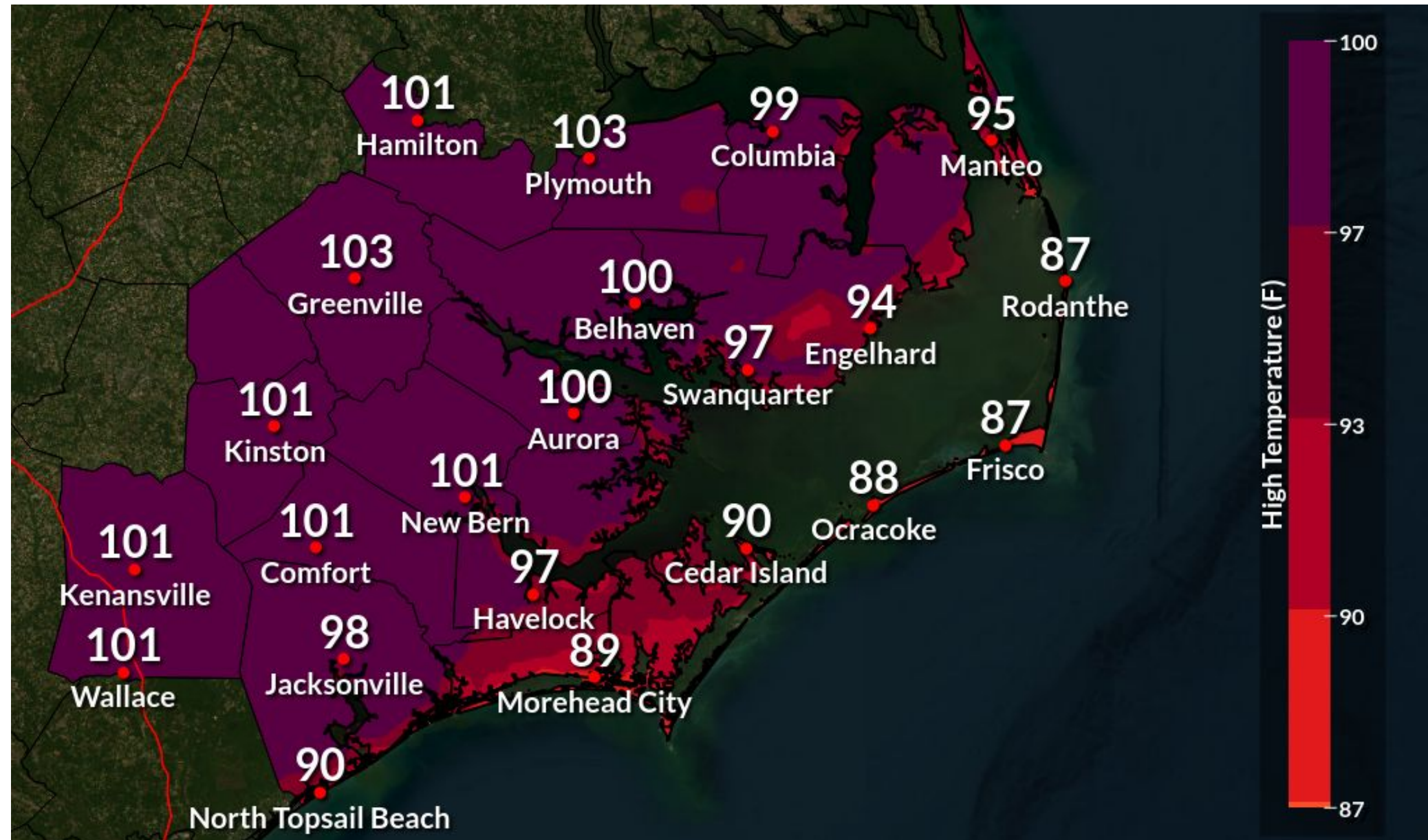


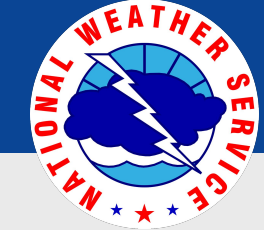
# Maximum High Temperatures

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This Weekend

- Long duration extreme heat will affect anyone without effective cooling and/or adequate hydration.
- Temperatures may approach 100° again on Monday.



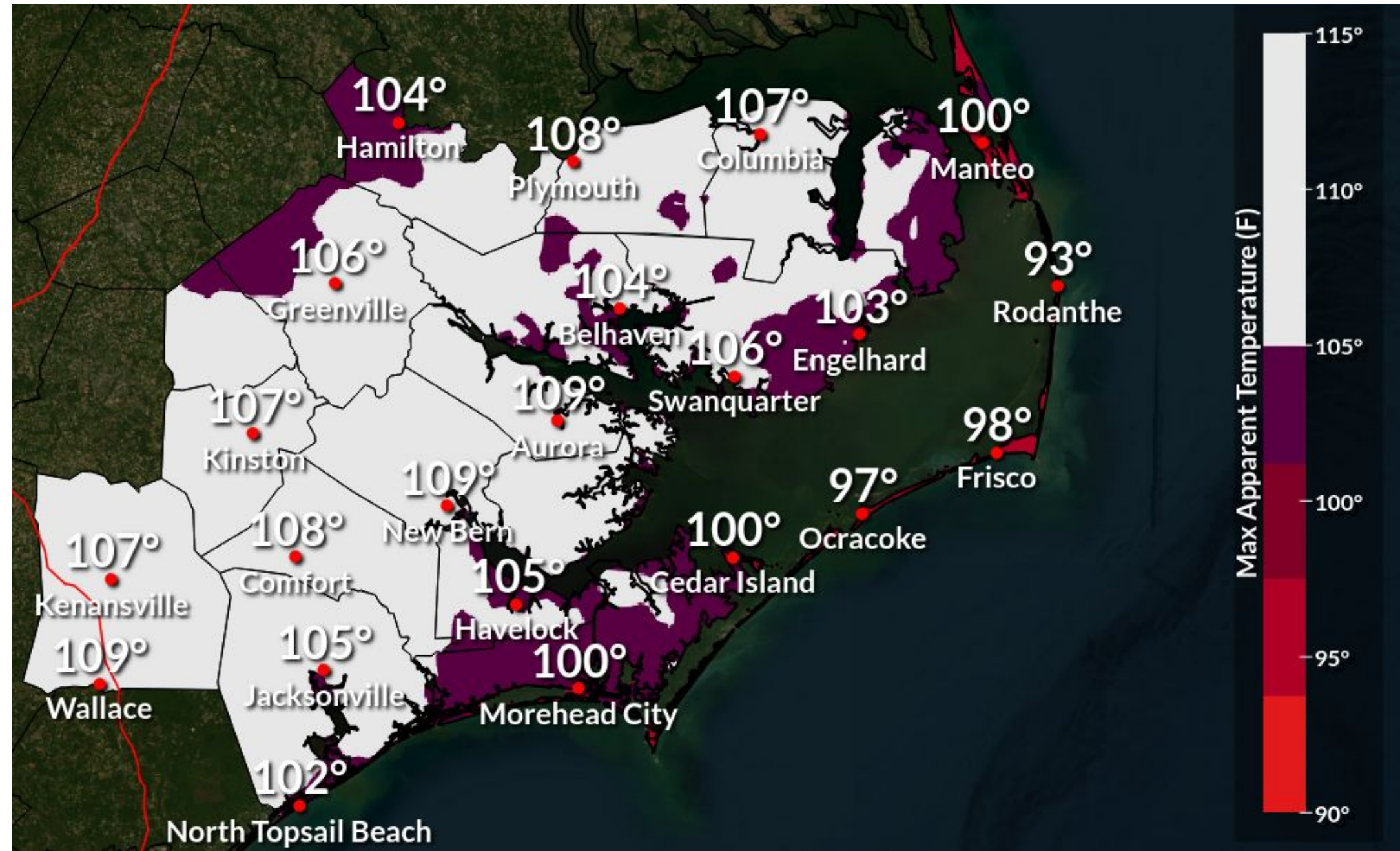


# Maximum Heat Index (What It Feels Like)

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# What is Major HeatRisk?

extreme

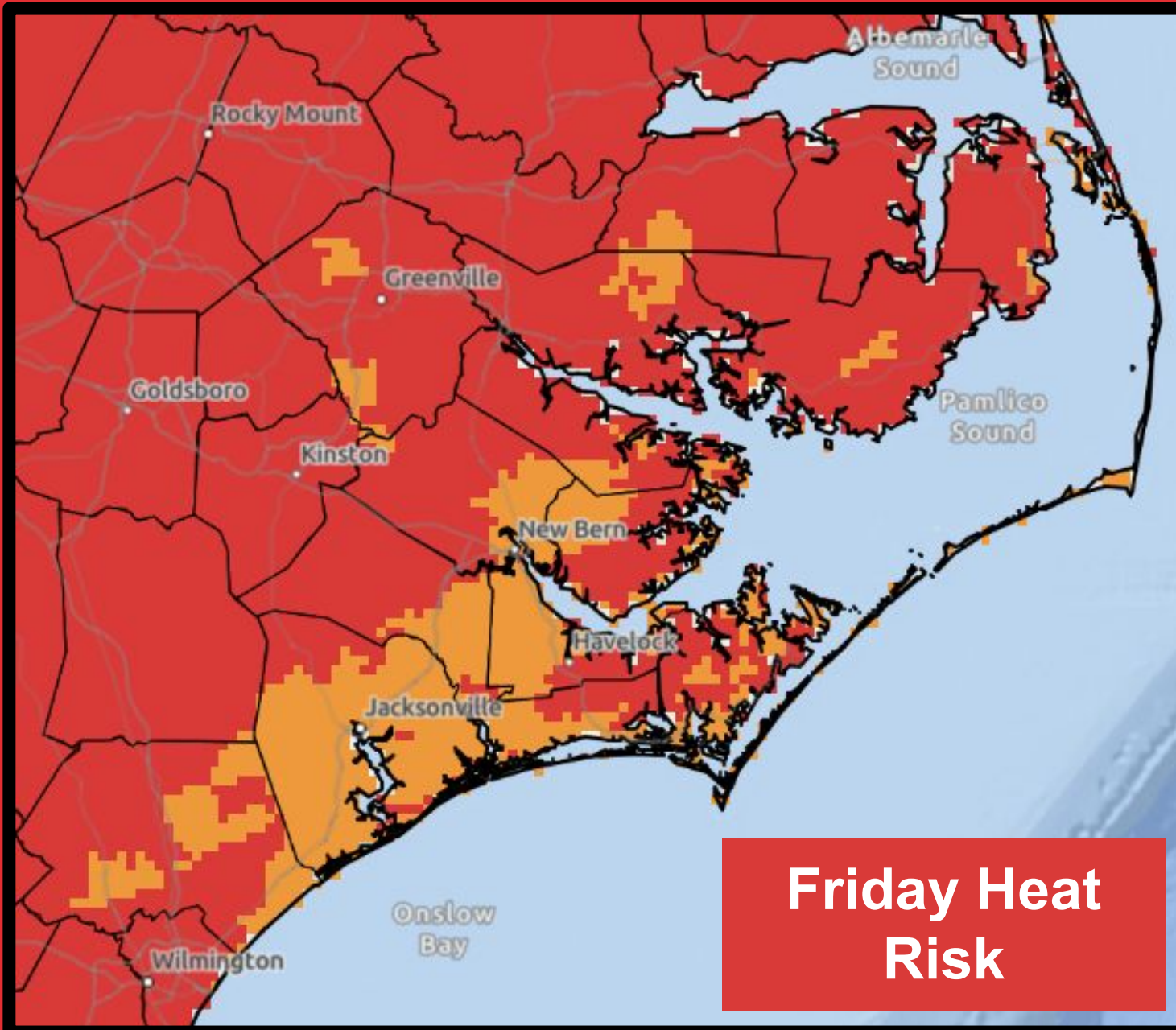
3 - major

moderate

minor

little/none

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



**Friday Heat Risk**

## 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

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

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# What is Extreme HeatRisk?

4 - extreme

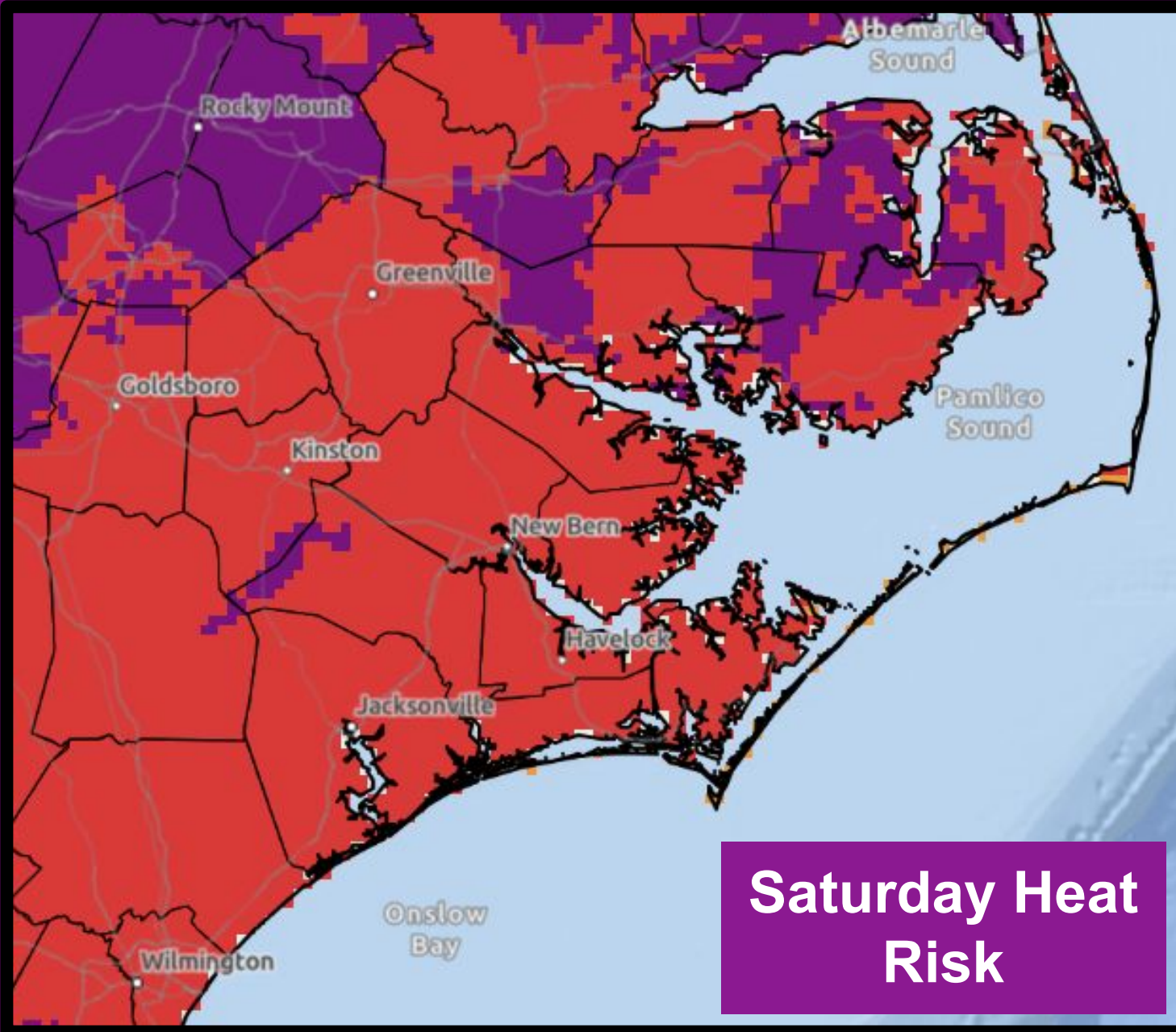
major

moderate

minor

little/none

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



## 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

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# What is Extreme HeatRisk?

4 - extreme

major

moderate

minor

little/none

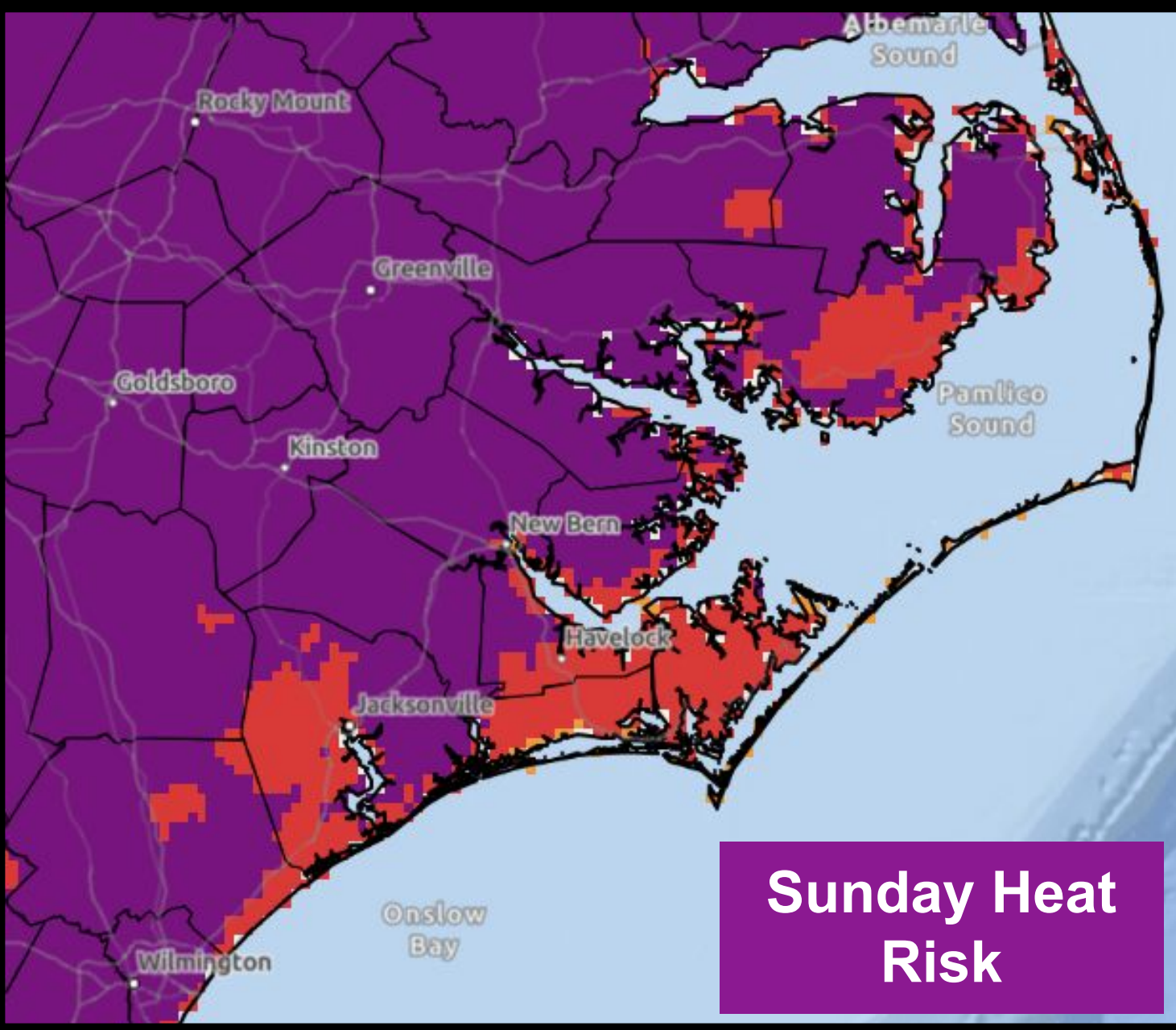
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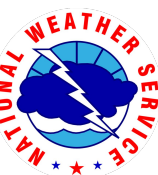
- Drink plenty of water
- Wear lightweight, light-colored clothing
- Cancel outdoor activities
- Stay in an air conditioned place, including overnight
- Check on your neighbors



Sunday Heat Risk

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

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# Heat Impacts: Vulnerable Populations



**PREGNANT**



**NEWBORNS**



**CHILDREN**



**ELDERLY**



**CHRONIC ILLNESS**

Everyone is at risk from the dangers of extreme heat, but these groups are more vulnerable than most.

Age and certain conditions make the body less able to regulate temperature.



NEVER leave anyone alone in a closed car



Use air conditioners and stay in the shade



Drink plenty of water, even if not thirsty



Wear loose-fitting, light-colored clothing

# Look Before You Lock!

## Hot Cars and Children Safety



38 KIDS

Die each year by being left  
in an unattended vehicle



88%

Are ages of 3 & Under



54%

Were forgotten by caregiver

# 100% of These Deaths Can Be Avoided!

Statistics courtesy of [noheatstroke.org](http://noheatstroke.org)





# PET HEAT SAFETY

**SAVE A PET'S LIFE IN A HOT CAR**

Animals can die of heatstroke within 15 minutes.

Cracking the windows does not help, the inside still gets dangerously hot.

During hot weather, keep your pets at home.

If you see a pet in an unattended vehicle, do not leave until the problem has been resolved!



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