

SPRINGFIELD-GREENE COUNTY OFFICE OF EMERGENCY MANAGEMENT

Emergency Operations Center Partner Agencies07/18/1015 | 1445 hrs.Hazard Event #: 25-049

Watches / Warnings / Advisories: Extreme Heat Warning: In effect from noon on Saturday to 7pm Wednesday.

HAZARD	July 18	July 19	July 20
Excessive Heat	Limited	Elevated	Elevated
Fire Weather	None	Limited	None
Excessive Rainfall	Limited	None	None
Lightning	Limited	None	None

DISCUSSION

Dangerously hot conditions with heat index values up to 106 expected. Portions of southeast Kansas and central, east central, south central, southwest, and west central Missouri. From noon Saturday to 7 PM CDT Wednesday. Heat related illnesses increase significantly during extreme heat and high humidity events.

CITIZEN ACTION STATEMENT

- **Drink plenty of water:** Water, sports drinks, and electrolyte solutions can help replace lost fluids and electrolytes.
- Avoid alcohol and caffeine: These can dehydrate you further.
- Wear light clothing: Choose lightweight, light-colored, and loose-fitting clothing to help your body stay cool.
- Limit outdoor activity: Avoid strenuous activities during the hottest part of the day, typically between 10 AM and 4 PM.
- Never leave children or pets in cars: Temperatures inside a parked car can rise dangerously and quickly.
- Know the signs of heat illness: Heavy sweating, muscle cramps, nausea, dizziness, and headaches to name a few.

"Dress light and hydrate!"

EMERGENCY MANAGEMENT ISSUES

Springfield-Greene County EOC:

OpCon Level 4: Monitoring

* * * OEM will continue to monitor this developing weather situation. * * *

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