



# Nebraska Heat Awareness Day

June 28, 2021



Summer is finally here, but with all the BBQ's, vacations and fun associated with being outdoors comes the potential dangers of hazardous summer heat. Summer heat can escalate quickly. Now is the time to prepare for the dangers of summer heat and educate yourself on ways you can mitigate those potential hazards.

- Never leave a child, disabled person or a pet locked in car. It is not safe, not for one minute, even during the coldest months of winter. Temperatures in motor vehicles can heat quickly when left in the sun and death in humans can occur in less than 10 minutes. A reported 51 pediatric vehicular heatstroke deaths occurred in 2019. Children locked in cars have died during 70 degree weather in December. It is not safe, never leave a child locked in a car!
- During extremely hot and humid weather, your body's ability to cool itself is challenged. When the body heats too rapidly to cool itself properly, or when too much fluid or salt is lost through dehydration or sweating, body temperature rises and you or someone you care about may experience a heat-related illness.
- Slow down: reduce, eliminate or reschedule strenuous activities until the coolest time of the day. Children, seniors and anyone with health problems should stay in the coolest available place, not necessarily indoors.
- Dress for summer. Wear lightweight, loose fitting, light-colored clothing to reflect heat and sunlight.
- Drink plenty of water (not very cold), non-alcoholic and decaffeinated fluids, even if you don't feel thirsty.
- Use air conditioners or spend time in air-conditioned locations.
- Minimize direct exposure to the sun. Sunburn reduces your body's ability to dissipate heat.
- Check on older, sick, or frail people who may need help responding to the heat.

**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



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The National Weather Service offices in Nebraska issue some or all of the following heat-related products as conditions warrant.

**Excessive Heat Warning—Take Action!** An Excessive Heat Warning is issued within 12 hours of the onset of extremely dangerous heat conditions. The general rule of thumb for this Warning is when the maximum heat index temperature is expected to be 105° or higher and the minimum heat index is above 75° for a minimum of 48 hours. If you don't take precautions immediately when conditions are extreme, you may become seriously ill or even die.

<p><b>EXCESSIVE HEAT WATCH</b></p> <p>An Excessive Heat Watch is issued when <b>dangerous heat is possible</b>.</p> <p>Reschedule outdoor activities in the coming days. Make sure that children, the elderly, and pets have a place to cool off during the heat.</p> <p><b>Be Prepared.</b></p> <p>weather.gov</p>	<p><b>EXCESSIVE HEAT WARNING</b></p> <p>An Excessive Heat Warning is issued when <b>dangerous heat is happening or about to happen</b>.</p> <p>Avoid heavy activity &amp; direct sunlight. Stay hydrated, find a cool indoor place, and check on children, elderly &amp; pets.</p> <p><b>Take Action!</b></p>
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**Excessive Heat Watches—Be Prepared!** Heat watches are issued when conditions are favorable for an excessive heat event in the next 24 to 72 hours. A Watch is used when the risk of a heat wave has increased but its occurrence and timing is still uncertain.

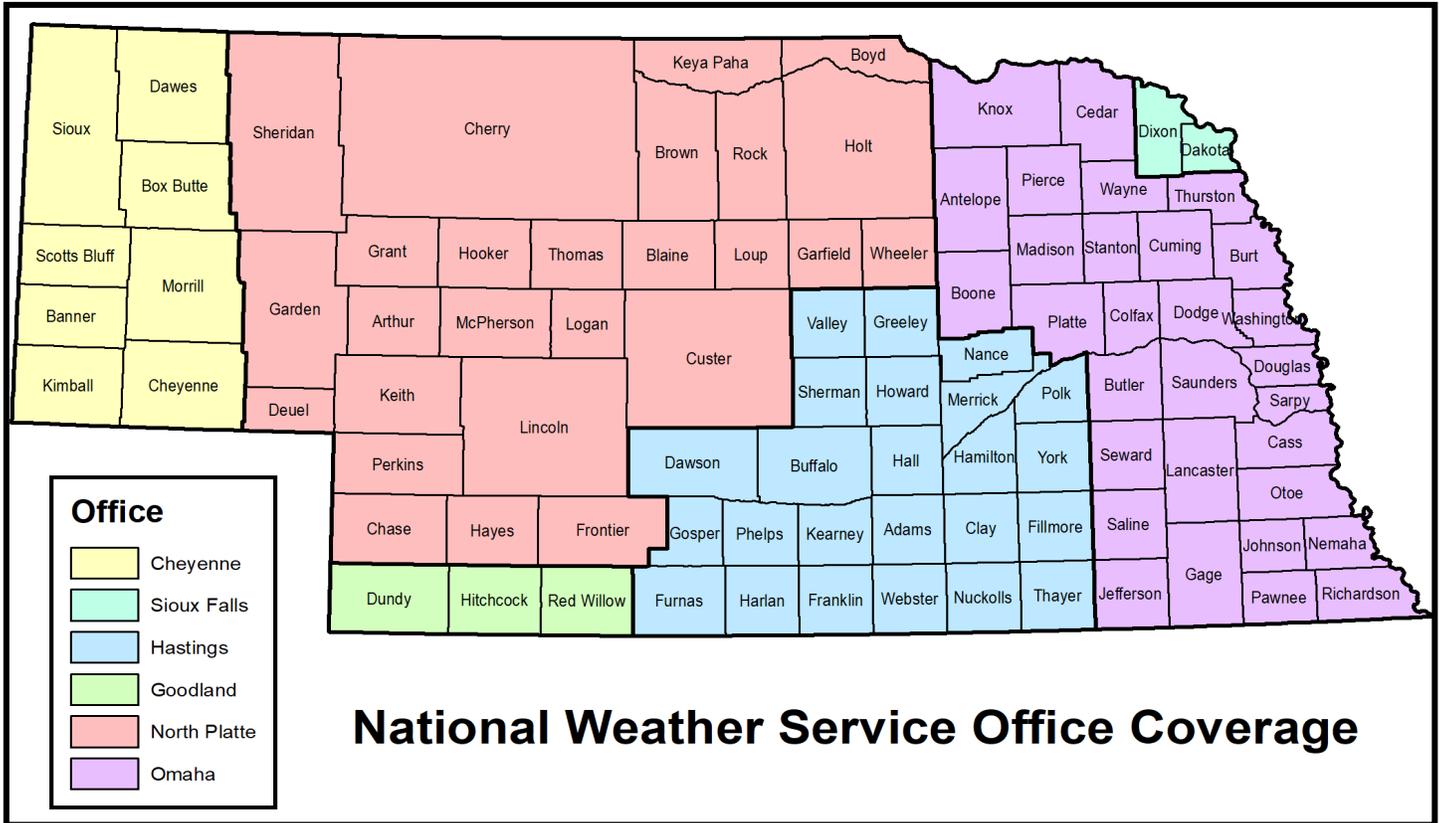
**Heat Advisory—Take Action!** A Heat Advisory is issued within 12 hours of the onset of extremely dangerous heat conditions. The general rule of thumb for this Advisory is when the maximum heat index temperature is expected to be 100° or higher. Take precautions to avoid heat illness. If you don't take precautions, you may become seriously ill or even die.





# National Weather Service Offices Serving Nebraska

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## National Weather Service Office Coverage

**Panhandle**  
**Cheyenne, WY**

1301 Airport Parkway  
Cheyenne, WY 82001

[www.weather.gov/cheyenne](http://www.weather.gov/cheyenne)  
[nws.cheyenne@noaa.gov](mailto:nws.cheyenne@noaa.gov)  
(307) 772-2468

**West and North Central**  
**North Platte**

5250 E. Lee Bird Drive  
North Platte, NE 69101

[www.weather.gov/northplatte](http://www.weather.gov/northplatte)  
[nws.northplatte@noaa.gov](mailto:nws.northplatte@noaa.gov)  
(308) 532-4936

**Extreme Southwest**  
**Goodland, KS**

920 Armory Road  
Goodland, KS 67735

[www.weather.gov/goodland](http://www.weather.gov/goodland)  
[nws.goodland@noaa.gov](mailto:nws.goodland@noaa.gov)  
(785) 899-7119

**South Central**  
**Hastings**

6365 N. Osborne Drive West  
Hastings, NE 68901

[www.weather.gov/hastings](http://www.weather.gov/hastings)  
[nws.hastings@noaa.gov](mailto:nws.hastings@noaa.gov)  
(402) 462-4287

**East**  
**Omaha/Valley**

6707 N. 288th Street  
Valley, NE 68064

[www.weather.gov/omaha](http://www.weather.gov/omaha)  
[nws.omaha@noaa.gov](mailto:nws.omaha@noaa.gov)  
(402) 359-9443

**Extreme Northeast**  
**Sioux Falls, SD**

26 Weather Lane  
Sioux Falls, SD 57104

[www.weather.gov/siouxfalls](http://www.weather.gov/siouxfalls)  
[nws.siouxfalls@noaa.gov](mailto:nws.siouxfalls@noaa.gov)  
(605) 330-4247