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## Heat Advisory Remains in Effect Until 8 PM

AUGUST 04TH 2016 BY DEE LOFLIN

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**Stoddard County, Missouri** - The National Weather Service in Paducah, Kentucky has issued a Heat Advisory until 8:00 p.m.

HEAT ADVISORY FROM 1:05PM CDT THU UNTIL 8PM CDT FRI THE NATIONAL WEATHER SERVICE IN PADUCAH HAS ISSUED A HEAT ADVISORY...WHICH IS IN EFFECT UNTIL 8 PM CDT FRIDAY. \* TEMPERATURES CLIMBING INTO THE LOWER HALF OF THE 90 COMBINED WITH VERY HUMID CONDITIONS WILL LEAD TO AFTERNOON HEAT INDICES AROUND 105 BOTH TODAY AND FRIDAY. A FEW LOCATIONS DOWN NEAR THE ARKANSAS BORDER AND NEAR THE BOOTHEEL OF MISSOURI MAY SEE INDICES CLOSER TO 110 DEGREES. \* A HEAT INDEX OF 105 DEGREES IS CONSIDERED THE LEVEL AT WHICH THE BODY BECOMES MORE SUSCEPTIBLE TO THE HEAT. TAKE EXTRA PRECAUTIONS...IF YOU WORK OR SPEND TIME OUTSIDE. WHEN POSSIBLE...RESCHEDULE STRENUOUS ACTIVITIES TO EARLY MORNING OR EVENING. KNOW THE SIGNS AND SYMPTOMS OF HEAT EXHAUSTION AND HEAT STROKE. WEAR LIGHT WEIGHT AND LOOSE FITTING

CLOTHING WHEN POSSIBLE AND DRINK PLENTY OF WATER. A HEAT ADVISORY MEANS THAT A PERIOD OF HOT TEMPERATURES IS EXPECTED. THE COMBINATION OF HOT TEMPERATURES AND HIGH HUMIDITY WILL COMBINE TO CREATE A SITUATION IN WHICH HEAT ILLNESSES ARE POSSIBLE. DRINK PLENTY OF FLUIDS...STAY IN AN AIR-CONDITIONED ROOM...STAY OUT OF THE SUN...AND CHECK UP ON RELATIVES AND NEIGHBORS.

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