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Special Weather Statement - High Heat Index

JULY 11TH 2015 BY DEE LOFLIN

Special Weather Statement - High Heat Index

Stoddard County, Missouri - The National Weather Service in Paducah, Kentucky has issued a Special Weather Statement regarding high heat index.

- ... HEAT INDEX VALUES NEAR 100 THIS AFTERNOON...
- FOR THOSE THAT ARE CONSIDERING OUTDOOR ACTIVITIES OR MUST WORK OUTDOORS THIS AFTERNOON AND INTO THE EARLY EVENING... BE AWARE THAT HEAT INDEX VALUES WILL LIKELY REACH OR EXCEED 100 DEGREES BETWEEN 230 PM AND 730 PM TODAY.
- GIVEN THE RECENT COOLER WEATHER... YOU MAY NOT BE ACCUSTOMED TO THE HIGHER OUTDOOR TEMPERATURES IN THE LOWER 90S. THESE TEMPERATURES... COMBINED WITH THE HIGHER HUMIDITY WILL PRODUCE HEAT INDEX VALUES BETWEEN 98 AND 103 DEGREES THIS AFTERNOON. THE LACK OF STRONGER SOUTHERLY WINDS WILL LESSEN THE ABILITY TO PULL HEAT AWAY FROM YOUR BODY AS WELL.
- BE SURE TO PACE YOUR PHYSICAL ACTIVITY... DRINK PLENTY OF

WATER... AND SEEK SHADE WHEN POSSIBLE FROM THE MIDDLE OF THE AFTERNOON THROUGH SUNSET. AVOID BECOMING A VICTIM OF HEAT EXHAUSTION OR HEAT STROKE.

- INFANTS... THE ELDERLY... AND INDIVIDUALS WITH CHRONIC HEALTH CONDITIONS IMPACTED BY THIS HEAT AND HUMIDITY SHOULD LIMIT THEIR OUTDOOR EXPOSURE... IF POSSIBLE.
- SIMILAR CONDITIONS ARE EXPECTED ON SUNDAY... AS HIGH PRESSURE DOMINATES PARTS OF SOUTHEAST MISSOURI... SOUTHERN ILLINOIS AND WEST KENTUCKY. HAVE FUN... BUT BE SAFE OUTDOORS.

LAST UPDATED ON JULY 11TH 2015 BY DEE LOFLIN

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