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## Excessive Heat Warning Issued for Stoddard County

JULY 22ND 2016 BY DEE LOFLIN

### Excessive Heat Warning Issued for Stoddard County

**Stoddard County, Missouri** - The National Weather Service in Paducah, Kentucky has issued an Excessive Heat Warning for our area until Sunday.

### **EXCESSIVE HEAT WARNING UNTIL 8PM CDT SUN**

\* THE COMBINATION OF HIGH TEMPERATURES IN THE MID TO UPPER 90S WILL COMBINE WITH OPPRESSIVE HUMIDITY TO PRODUCE HEAT INDICES FROM 105 TO 110 DEGREES.

\* A HEAT INDEX OF 105 DEGREES OR HIGHER IS CONSIDERED THE LEVEL AT WHICH THE BODY BECOMES MORE SUSCEPTIBLE TO HEAT EXHAUSTION AND HEAT STROKE. YOUNG CHILDREN AND PETS SHOULD NEVER BE LEFT UNATTENDED IN VEHICLES UNDER ANY CIRCUMSTANCES. THIS IS ESPECIALLY TRUE DURING WARM OR HOT WEATHER WHEN CAR INTERIORS CAN REACH LETHAL TEMPERATURES

IN A MATTER OF MINUTES.

DRINK PLENTY OF FLUIDS... STAY IN AN AIR-CONDITIONED ROOM... STAY OUT OF THE SUN... AND CHECK UP ON RELATIVES AND NEIGHBORS. MAKE SURE OUTDOOR PETS HAVE PLENTY OF FRESH WATER.

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.

AN EXCESSIVE HEAT WARNING MEANS THAT A PROLONGED PERIOD OF DANGEROUSLY HOT TEMPERATURES WILL OCCUR. THE COMBINATION OF HOT TEMPERATURES AND HIGH HUMIDITY WILL COMBINE TO CREATE A DANGEROUS SITUATION IN WHICH HEAT ILLNESSES ARE LIKELY.

LAST UPDATED ON JULY 22ND 2016 BY DEE LOFLIN

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