



[TOP](#)

Heat Dome Hovers; Excessive Heat Warning In Area

JULY 19TH 2011 BY UNKNOWN

Heat Dome Hovers; Excessive Heat Warning In Area

Southeast Missouri is sweltering under a punishing sun and smothering humidity, and the forecast doesn't provide much hope for relief in the near future.

The National Weather Service has issued an excessive heat warning for the Dexter and Stoddard County region through 7 p.m. Saturday. In addition, an Excessive Heat Watch is issued for today through 6 p.m. this evening.

Technically, the NWS says we are under a "heat dome" and it has us under a huge mass of hot air that simply is not moving.

The heat index is expected to reach between 105 and 115 degrees in the afternoon and early evening hours. The weather service issues an excessive heating warning because of the dangerous combination of heat and humidity.

The NWS warning states that heat index values will remain dangerously high through Saturday. These heat index values will lead to dangerous conditions for anyone planning outdoor work or play, as well as those without air conditioning. The conditions will be especially dangerous for the very young and old, as well as those with chronic health conditions. The effects of high heat are cumulative, meaning the risk of heat-related illness increases each day as the heat wave continues.

Health care officials and the weather service advise individuals drink plenty of fluids, stay in an air-conditioned environment and stay out of the sun as much as possible.

In Dexter, there is a cooling center open at the Dexter Senior Center on West Stoddard Street. The center is open until 3 p.m. daily.

If it's any consolation, we are not alone with our heat wave. Forecasters say heat warnings and advisories are in place in 17 states, from Texas to Michigan.

Technically, the term is a "heat dome" and it has us under a huge mass of hot air that simply is not moving. Those who must work or spend extended time outside are reminded to take precautions to prevent heat-induced illness. They should:

- * Reschedule strenuous activities for the early morning or evening hours.
- * Know the signs and symptoms of heat exhaustion and heat stroke.
- * Wear lightweight and loose-fitting clothing when possible.
- * Drink plenty of water and avoid caffeinated and alcoholic beverages.
- * Avoid poorly ventilated areas and prolonged work in the sun.
- * Those without air conditioning should keep their home well-ventilated with fans and try to spend some time in an air-conditioned environment to give their bodies a break from the heat.
- * Take frequent rest breaks if you work outside.

Photo Above: This sunflower will have plenty of time to follow the sun today and the rest of this week, as a "Heat Dome" hovers over the region, bringing excessive and dangerous heat and humidity. (Annabeth Miller file photo)

LAST UPDATED ON JULY 19TH 2011 BY UNKNOWN

<https://showmetimes.com/Blogpost/ujc4/Heat-Dome-Hovers-Excessive-Heat-Warning-In-Area>

[Go to post](#)

More from ShowMe Times:



SUBSCRIBE TO "LOCAL NEWS"

ShowMe Gold Sponsors