



# Hot and Humid Into Early Next Week

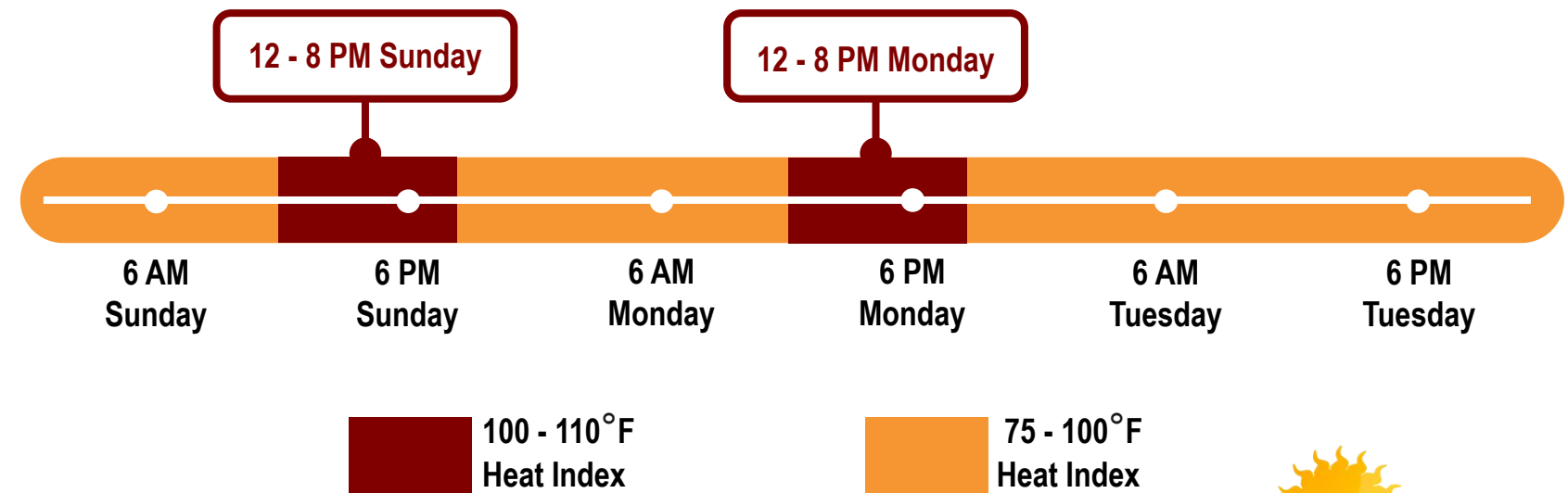
July 26, 2025  
6:56 AM

## Key Messages:

- Heat will be dangerous at times this weekend into early next week, with Sunday and Monday being the hottest days.
- Expect high temperatures in the mid 80s and 90s with heat indices near or well above 100.
- **NEW:** EXTREME HEAT WATCHES have been issued for Sunday and Monday afternoon and evenings.
- Medium-High forecast confidence.

Eastern Nebraska / Western Iowa

## Extreme Heat Watch





# Heat Index Timing

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## Additional Information:

- Nighttime lows in the lower to mid 70s.
- Without frequent breaks in shade or air conditioning, outdoor workers may face heat illnesses.
- Drink plenty for fluids, stay out of the sun, and check up on vulnerable relatives and neighbors.
- Don't see your location?  
Check [weather.gov/forecastpoints](https://weather.gov/forecastpoints)

Heat Index Forecast (°F)															
	7/26 Sat			7/27 Sun				7/28 Mon				7/29 Tue			
	6am	12pm	6pm	12am	6am	12pm	6pm	12am	6am	12pm	6pm	12am	6am	12pm	6pm
Albion	70	83	94	74	70	97	101	77	71	99	105	77	70	91	96
Beatrice	72	84	96	75	71	98	107	84	74	101	107	78	73	98	103
Bloomfield	68	85	96	76	72	97	105	77	71	99	106	76	69	88	93
Clarinda	73	86	96	74	71	101	111	79	73	108	114	78	73	105	107
Columbus	71	79	97	73	70	100	105	79	71	103	110	78	71	94	98
Fairbury	70	84	97	76	71	99	107	79	73	100	107	79	72	98	101
Falls City	72	84	93	74	72	98	106	79	73	99	107	78	73	96	102
Fremont	72	84	95	73	70	99	106	83	74	105	110	79	73	98	101
Harlan	72	79	91	72	68	101	106	79	72	103	110	77	71	96	102
Hartington	70	85	97	75	71	100	109	79	71	102	107	77	70	90	93
Lincoln	72	86	96	77	73	105	107	90	76	105	111	89	75	101	104
Nebraska City	72	79	95	76	71	102	109	85	74	106	110	79	73	101	105
Neligh	70	83	94	74	71	96	105	77	71	99	103	78	69	88	94
Norfolk	70	83	91	74	71	98	103	79	71	101	106	78	70	92	95
Omaha	74	86	97	77	73	105	111	90	76	107	113	91	75	103	106
Onawa	70	85	93	73	69	100	107	84	73	103	109	78	72	94	99
Red Oak	72	79	94	75	71	105	107	88	74	107	113	79	73	105	106
Seward	71	84	95	75	71	101	105	79	74	102	107	78	71	97	97
Tekamah	71	84	92	72	69	99	106	79	73	103	106	78	71	96	101
Wayne	70	84	94	72	70	99	107	78	71	102	107	77	69	91	96
West Point	70	78	89	72	69	98	103	78	71	99	105	76	70	91	96







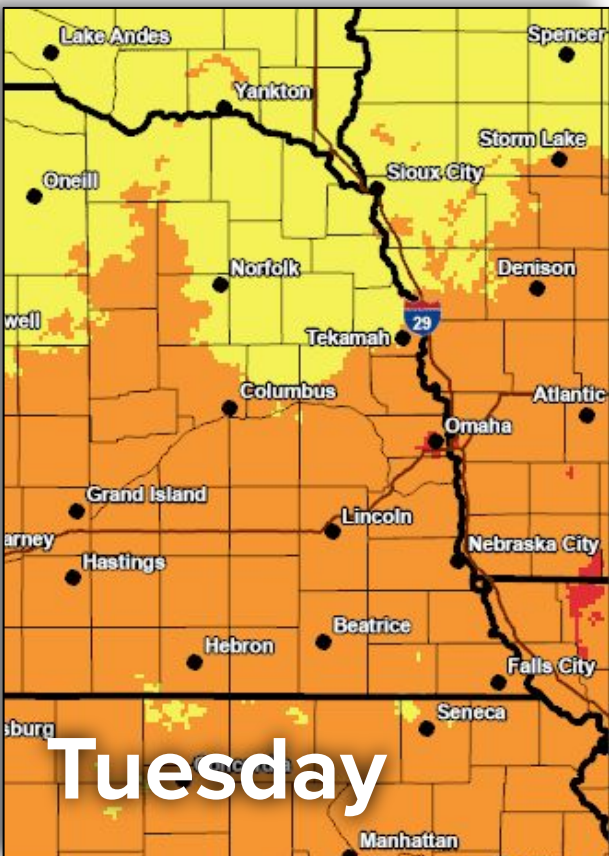
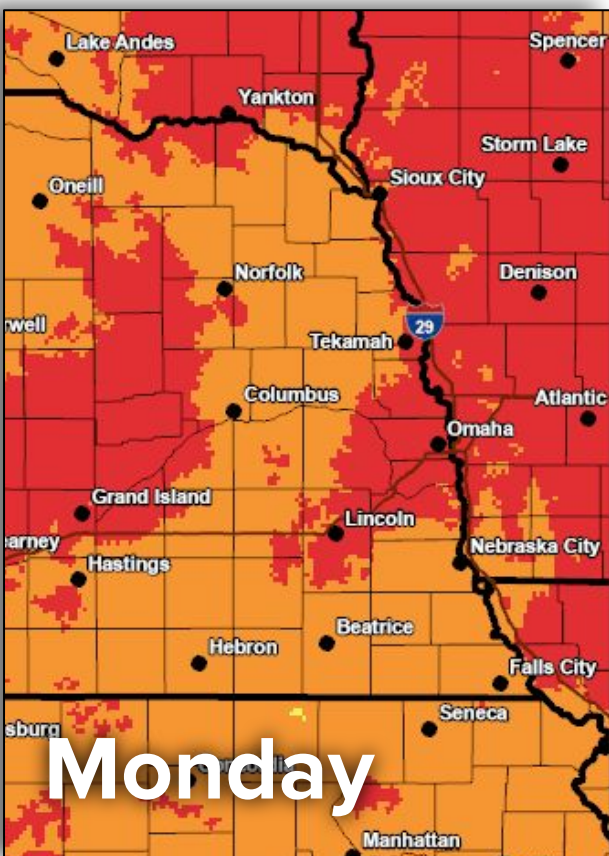
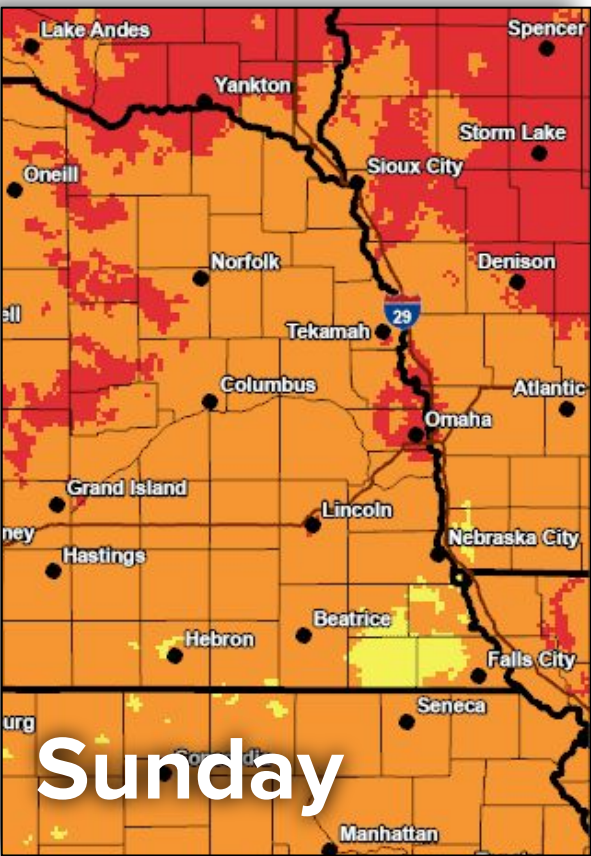
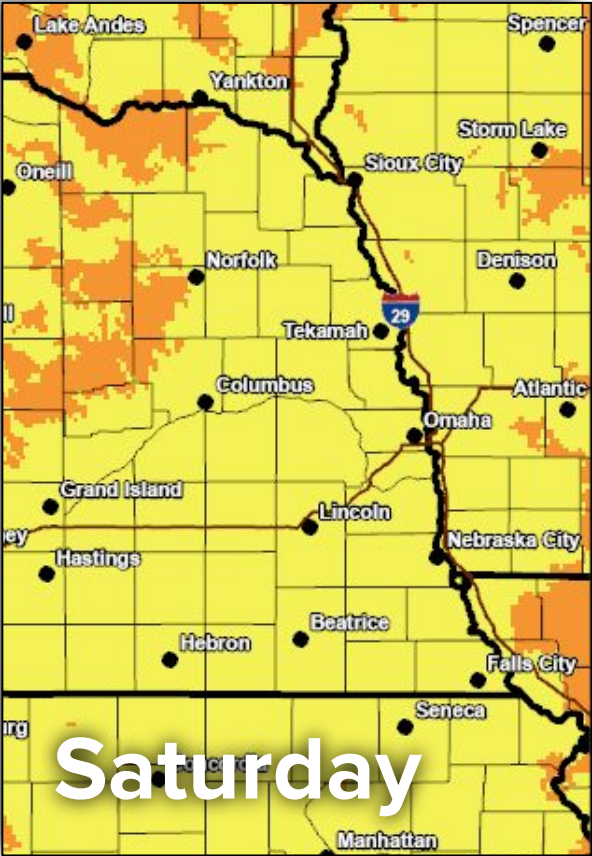
# HeatRisk Categories

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**moderate**  
Affects those who are sensitive to heat, especially those without cooling/hydration.

**major**  
DANGEROUS for most people without proper hydration and adequate cooling.

More details at:  
[wpc.ncep.noaa.gov/HeatRisk](https://wpc.ncep.noaa.gov/HeatRisk)







# Safety and Resources

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### HEAT EXHAUSTION

Faint or dizzy

Excessive sweating

Cool, pale, clammy skin

Nausea or vomiting

Rapid, weak pulse

Muscle cramps

- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

### HEAT STROKE

Throbbing headache, confusion

No sweating

Body temperature above 103°  
Red, hot, dry skin

Nausea or vomiting

Rapid, strong pulse

May lose consciousness

**CALL 9-1-1**

- Move person to cooler place
- Cool using cool cloths or bath
- Do not give anything to drink

OR

## Pet Safety

**Never leave your pets in a parked car!**

[weather.gov/heat](https://weather.gov/heat)

### Safety Tips For Your Pets

**Watch the humidity**

**Limit exercise on hot days**

**Provide ample shade and water**

**Don't rely on a fan**

**Watch out for hot pavement**

## Additional Resources

→ [NWS Omaha Web Page](#)

→ [NWS Omaha Weather Story Graphics](#)

→ [Hourly Forecasts for a Point](#)

→ [Heat Safety](#)

→ [Heat Risk](#)

→ [Wet Bulb Globe Temperature](#)

