



Dangerous Heat and Humidity Ahead

June 20, 2025
8:24 AM

Extreme Heat Watch is in effect Saturday through Tuesday

Key Messages

- An **Extreme Heat Watch** has been issued for Saturday through Tuesday
- Oppressively hot and humid conditions area ahead:
 - ◆ Highs: Low to mid 90s
 - ◆ Lows: Low to mid 70s (little to no relief at night)
 - ◆ Peak heat indices between 100-105 degrees each day
- Limit time outdoors, stay hydrated, and check on those who may be vulnerable to heat.

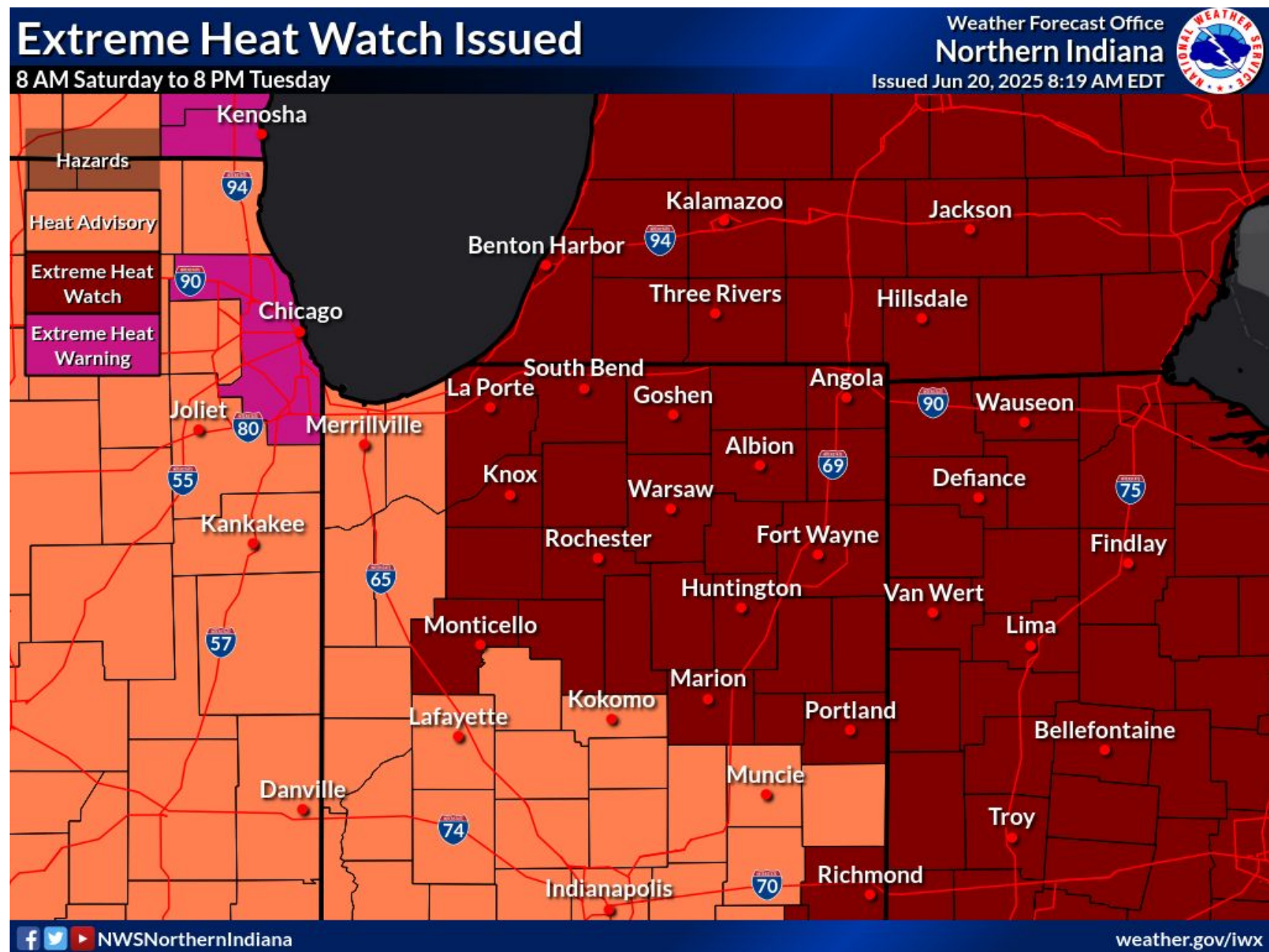
NEW

Important Updates

- Initial Issuance. High confidence in high heat and humidity this weekend into early next week.

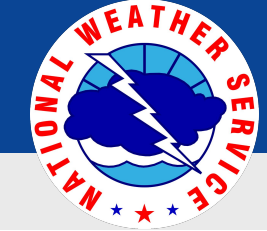
Next Scheduled Briefing

- Friday afternoon



National Oceanic and
Atmospheric Administration
U.S. Department of Commerce

National Weather Service
Northern Indiana



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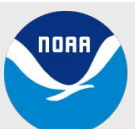
Forecast Daily High Temperatures and Peak Heat Indices

Maximum Temperature Forecast (°F)

	6/21 Sat	6/22 Sun	6/23 Mon	6/24 Tue	6/25 Wed
Angola	90	92	93	91	89
Benton Harbor	89	90	91	86	84
Bryan	91	94	94	94	90
Defiance	92	94	95	94	91
Elkhart	92	94	95	93	90
Fort Wayne	91	93	94	94	91
Goshen	91	93	94	92	89
Hillsdale	90	92	93	91	88
La Porte	93	94	94	90	88
Lima	90	94	94	95	92
Logansport	91	92	93	93	91
Marion	90	92	93	93	91
Michigan City	88	89	90	86	83
Portland	90	92	93	94	91
South Bend	93	95	95	93	90
Three Rivers	92	94	94	92	88
Warsaw	91	92	94	93	90
Wauseon	92	94	95	94	90
Winamac	92	94	94	93	90

Maximum Heat Index Forecast (°F)

	6/21 Sat	6/22 Sun	6/23 Mon	6/24 Tue	6/25 Wed
Angola	98	101	102	99	97
Benton Harbor	95	96	98	91	88
Bryan	101	105	103	101	97
Defiance	100	103	104	101	98
Elkhart	100	102	103	101	97
Fort Wayne	100	102	102	101	99
Goshen	101	102	102	100	97
Hillsdale	98	101	102	99	94
La Porte	100	100	100	96	93
Lima	97	103	102	103	99
Logansport	101	101	102	101	100
Marion	101	102	102	102	100
Michigan City	94	95	97	92	88
Portland	97	99	100	99	97
South Bend	101	103	103	100	96
Three Rivers	100	102	102	100	95
Warsaw	101	100	102	101	97
Wauseon	100	102	102	99	96
Winamac	100	100	100	98	96





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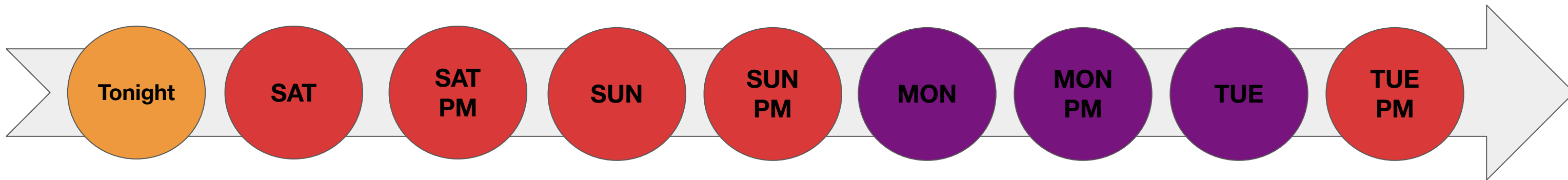
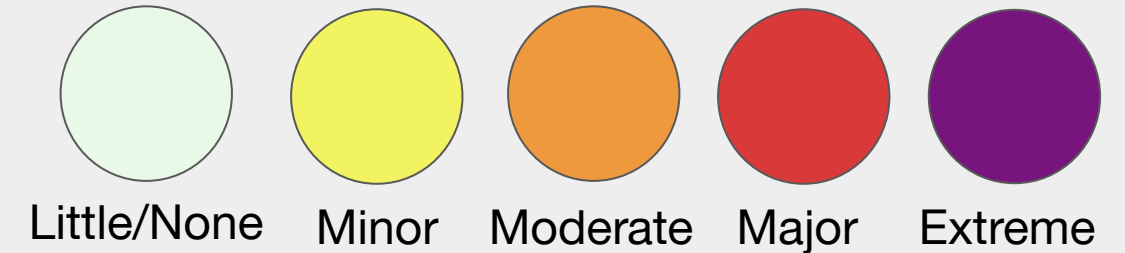
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Timeline for the Upcoming Heat Wave

Upcoming Hazards:

- The first heat wave of the summer will bring dangerously hot and humid conditions Saturday through Tuesday
- Overnight lows will offer little to no relief from the heat!

Heat Risk Legend



Multiple days of dangerous heat and humidity will impact anyone without effective cooling or adequate hydration. NWS Heat Risk shows major to extreme impacts due to heat this weekend into early next week. <https://www.wpc.ncep.noaa.gov/heatrisk/>



Extreme Heat Planning Timeline

Pre-Season

Start planning before hot weather arrives.

- ✓ Build an emergency kit
- ✓ Make a plan for power outages
- ✓ Become trained in first aid for heat-related emergencies
- ✓ Check that your A/C and fans are in working order

A Few Days Out

If the forecast calls for extreme heat, be ready.

- ✓ Gather food, water, and medication
- ✓ Make a list of friends and family to check on & help them prepare
- ✓ Know your local cooling shelters or other cool locations
- ✓ Reschedule outdoor events

During and After

Remain vigilant and stay informed.

- ✓ Stay in air conditioning and out of the sun if possible
- ✓ Check on friends, family, neighbors, and pets
- ✓ Drink plenty of water
- ✓ Take breaks and use a buddy system if working outdoors



STAY HEAT SAFE THIS SUMMER

NEVER LEAVE KIDS OR PETS
UNATTENDED IN VEHICLES



DRINK PLENTY OF WATER,
EVEN IF NOT THIRSTY



WATCH FOR SIGNS
OF HEAT ILLNESS



AVOID CONSUMPTION
OF ALCOHOL &
CAFFEINE



CHECK IN ON ELDERLY
OR ILL NEIGHBORS &
FAMILY MEMBERS



SPEND SOME TIME IN AIR
CONDITIONING



TAKE FREQUENT REST BREAKS
IN SHADE OR AIR
CONDITIONING



BRING PETS INDOORS OR
PROVIDE SHADE &
PLENTY OF WATER



AVOID STRENUOUS
ACTIVITY DURING
THE HOTTEST PART
OF THE DAY



WEAR LIGHTWEIGHT,
LIGHT-COLORED, LOOSE
CLOTHING

