



# Long Duration Heatwave This Week

June 29, 2026  
4:11 AM

## Extreme Heat Warning Through Thursday

### Key Messages

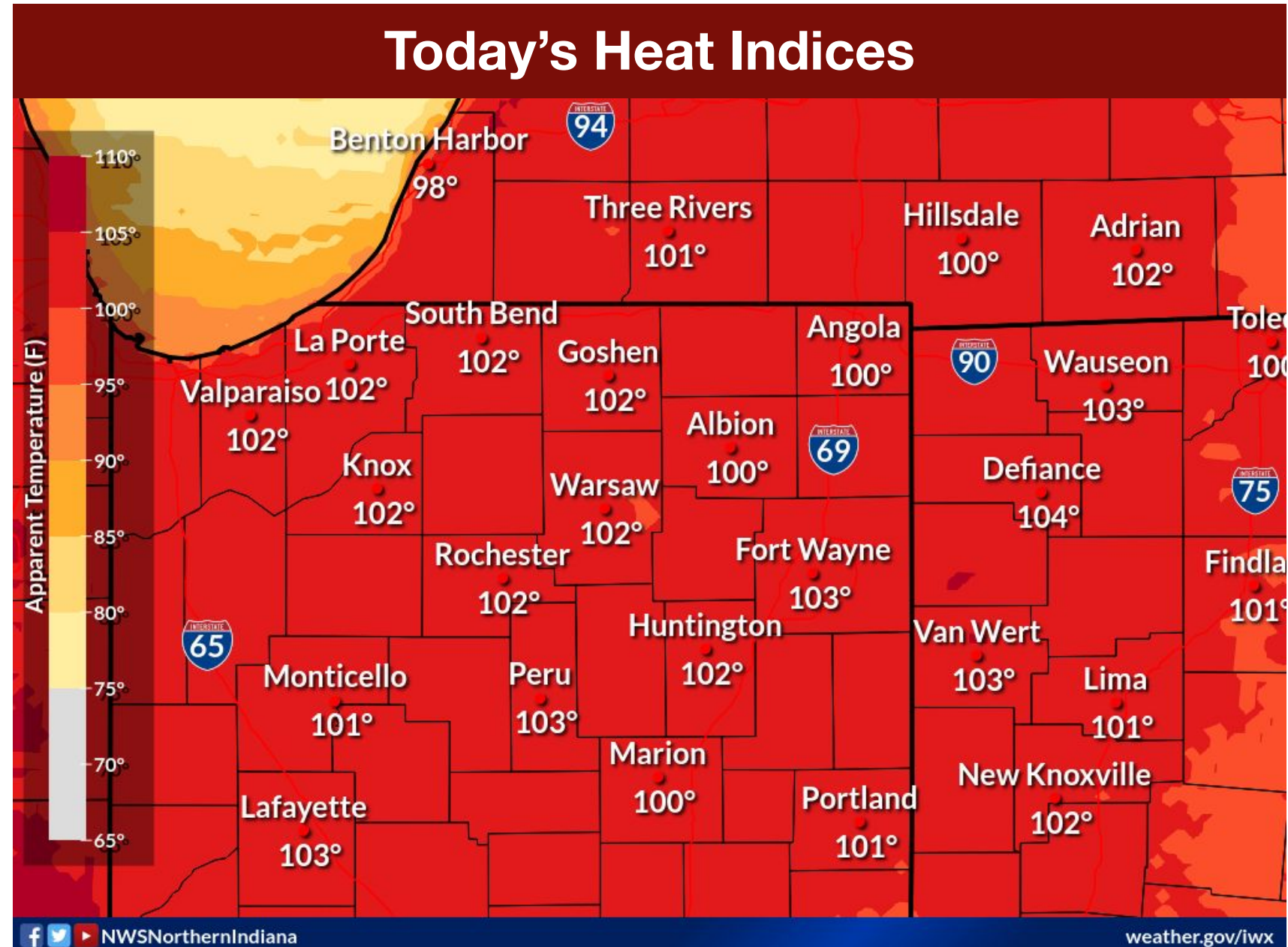
- Highs will be from 90° to 97° with peak heat indices 100°-105°.
- Overnight lows in the mid 70s provide little relief.
- Impacts may be higher than normal given recent cool weather.
- Next chance of rain not until Friday.

### **NEW** Important Updates

- No major changes

### Next Scheduled Briefing

- Tuesday morning





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Little/no relief likely until next week

## Maximum Heat Index (°F)

	6/29	6/30	7/1	7/2	7/3	7/4	7/5
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Angola	100	101	101	105	99	95	91
Benton Harbor	98	98	97	100	93	88	86
Bryan	103	104	104	106	101	96	93
Defiance	104	107	104	106	101	98	93
Elkhart	102	103	101	105	99	94	90
Fort Wayne	102	103	102	107	102	97	94
Goshen	102	103	103	104	98	94	90
Hillsdale	100	102	102	106	98	94	91
La Porte	102	102	101	103	98	93	88
Lima	101	104	104	107	102	97	93
Logansport	104	104	105	107	102	98	94
Marion	100	102	102	106	103	98	94
Michigan City	98	99	100	104	96	90	86
Portland	101	102	103	103	98	94	91
South Bend	102	103	102	105	99	96	90
Three Rivers	101	103	101	103	98	92	88
Warsaw	102	102	103	104	101	96	91
Wauseon	103	106	103	106	100	96	92
Winamac	102	102	102	106	99	97	91

## Maximum Temperature (°F)

	6/29	6/30	7/1	7/2	7/3	7/4	7/5
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Angola	91	92	94	94	90	88	86
Benton Harbor	91	92	92	92	86	83	82
Bryan	93	95	97	96	93	90	88
Defiance	94	97	99	97	94	91	89
Elkhart	92	93	94	94	90	87	85
Fort Wayne	93	94	96	97	93	90	88
Goshen	91	92	94	94	89	87	85
Hillsdale	92	93	94	95	90	88	86
La Porte	91	92	93	93	89	86	84
Lima	92	95	97	97	93	90	88
Logansport	92	93	94	94	91	89	87
Marion	91	93	94	95	92	89	87
Michigan City	91	92	93	93	87	84	82
Portland	92	94	96	96	91	89	87
South Bend	92	93	95	95	90	88	85
Three Rivers	91	93	94	94	89	86	84
Warsaw	91	92	94	94	90	88	85
Wauseon	93	96	97	97	93	90	88
Winamac	91	92	93	94	89	88	86

## Minimum Temperature (°F)

	6/29	6/30	7/1	7/2	7/3	7/4	7/5
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Angola	67	74	74	73	74	72	69
Benton Harbor	71	75	74	74	73	70	69
Bryan	67	75	75	74	75	73	70
Defiance	68	75	75	74	76	74	71
Elkhart	71	76	76	75	75	72	70
Fort Wayne	69	74	74	73	75	73	71
Goshen	70	75	75	74	74	72	70
Hillsdale	65	73	73	73	72	71	68
La Porte	72	76	75	75	74	71	70
Lima	69	75	75	74	76	75	72
Logansport	73	75	74	74	75	73	71
Marion	71	74	73	73	74	73	71
Michigan City	73	77	76	77	75	73	71
Portland	71	75	74	74	75	75	72
South Bend	72	77	76	76	75	72	70
Three Rivers	69	75	75	74	73	71	69
Warsaw	71	75	74	74	74	73	71
Wauseon	66	75	75	74	75	73	70
Winamac	73	76	75	75	75	73	71



# Heat Impacts: Vulnerable Populations



**PREGNANT**



**NEWBORNS**



**CHILDREN**



**ELDERLY**



**CHRONIC ILLNESS**

Everyone is at risk from the dangers of extreme heat, but these groups are more vulnerable than most. Age and certain conditions make the body less able to regulate temperature.



NEVER leave anyone alone in a closed car



Use air conditioners and stay in the shade



Drink plenty of water, even if not thirsty



Wear loose-fitting, light-colored clothing