



Long Duration Heatwave This Week

June 30, 2026
4:00 AM

Extreme Heat Warning Through Thursday

Key Messages

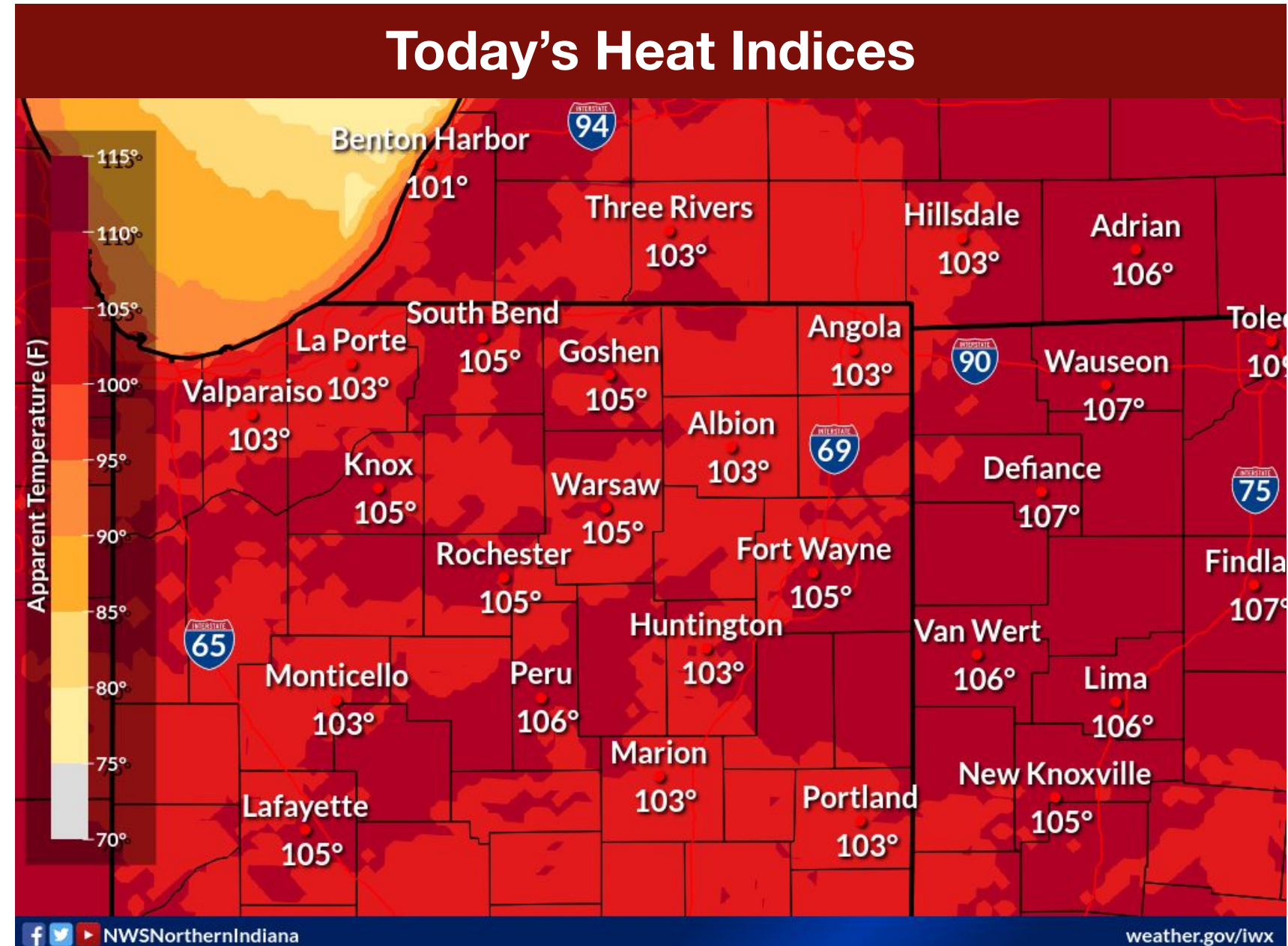
- Highs will be from 90° to 97° with peak heat indices 100°-105°.
- Overnight lows in the mid 70s provide little relief.
- Next chance of rain not until Friday.

NEW Important Updates

- No major changes

Next Scheduled Briefing

- Wednesday morning





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June 30, 2026
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Maximum Heat Index (°F)

Forecast

	6/30	7/1	7/2	7/3	7/4	7/5
	Tue	Wed	Thu	Fri	Sat	Sun
Angola	103	102	102	99	93	89
Benton Harbor	101	100	98	93	87	86
Bryan	106	105	105	102	96	91
Defiance	107	107	106	103	98	92
Elkhart	105	104	102	98	93	91
Fort Wayne	103	104	105	103	97	92
Goshen	105	103	101	98	93	89
Hillsdale	103	101	103	99	92	88
La Porte	103	102	101	97	91	88
Lima	106	106	106	102	99	92
Logansport	105	105	105	102	98	92
Marion	103	103	103	103	98	92
Michigan City	100	100	99	98	88	85
Portland	103	105	105	101	96	91
South Bend	105	104	101	98	93	91
Three Rivers	103	102	101	97	91	89
Warsaw	105	103	103	99	95	91
Wauseon	107	105	104	101	94	90
Winamac	105	103	102	99	96	91

Maximum Temperature (°F)

Forecast

	6/30	7/1	7/2	7/3	7/4	7/5
	Tue	Wed	Thu	Fri	Sat	Sun
Angola	93	94	92	89	88	86
Benton Harbor	93	94	91	86	83	83
Bryan	95	97	95	92	90	88
Defiance	97	99	97	94	92	89
Elkhart	93	95	93	89	87	87
Fort Wayne	94	96	95	92	90	88
Goshen	93	94	92	89	87	86
Hillsdale	93	94	93	90	88	86
La Porte	92	93	92	88	86	85
Lima	95	97	96	93	92	88
Logansport	93	94	93	90	89	87
Marion	93	94	93	91	89	87
Michigan City	92	93	91	88	83	82
Portland	94	96	95	92	90	87
South Bend	94	95	93	89	87	87
Three Rivers	93	94	92	88	86	86
Warsaw	93	94	92	90	88	87
Wauseon	96	98	95	93	89	88
Winamac	93	94	92	89	88	87

Minimum Temperature (°F)

Forecast

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



HEAT SAFETY WHEN WORKING



Drink a cup of cool **water** every 20 minutes, even if you aren't thirsty. For long, strenuous jobs, drink a beverage with electrolytes.



Take regular breaks to **rest**. During hot conditions, skipping breaks is not safe!



Take breaks in the **shade** or a cool location.



Look for any signs of heat illness, including muscle spasms, nausea, dizziness, and fainting. When in doubt, call 911.



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

