

A Heat Wave Begins Sunday

August 29, 2026
3:06 PM CDT

A prolonged period of dangerous heat can be expected all of next week

Maximum Heat Index (°F)

Forecast

	8/30	8/31	9/1	9/2	9/3	9/4
	Sun	Mon	Tue	Wed	Thu	Fri
Cape Girardeau	97	103	106	107	106	104
Carbondale	96	101	104	104	104	102
Evansville	98	103	105	106	107	102
Harrisburg	95	99	102	102	102	100
Henderson	95	100	102	103	104	100
Hickman/Fulton	97	103	104	105	105	103
Hopkinsville	98	102	103	103	103	101
Madisonville	93	98	99	100	100	98
Marion	96	101	104	104	104	102
Marion, KY	92	97	98	99	99	97
Mount Vernon	96	101	104	105	104	101
Murray	97	102	103	103	104	101
Owensboro	98	102	104	105	105	102
Paducah	99	103	105	105	106	102
Poplar Bluff	95	100	103	103	103	102

Maximum Temperature (°F)

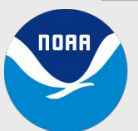
Forecast

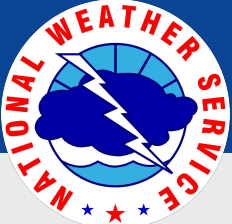
	8/30	8/31	9/1	9/2	9/3	9/4
	Sun	Mon	Tue	Wed	Thu	Fri
Cape Girardeau	94	96	98	98	97	96
Carbondale	94	96	97	97	97	96
Evansville	96	98	100	100	100	97
Harrisburg	95	97	99	98	98	97
Henderson	92	94	96	97	97	95
Hickman/Fulton	94	94	95	96	96	94
Hopkinsville	94	95	96	97	97	95
Madisonville	92	93	95	95	96	94
Marion	94	96	98	98	98	96
Marion, KY	91	92	94	95	95	93
Mount Vernon	95	98	100	100	99	97
Murray	93	94	95	95	96	94
Owensboro	95	96	98	98	99	96
Paducah	96	97	98	99	99	97
Poplar Bluff	95	96	97	97	97	96

Minimum Temperature (°F)

Forecast

	8/30	8/31	9/1	9/2	9/3	9/4
	Sun	Mon	Tue	Wed	Thu	Fri
Cape Girardeau	67	71	73	75	75	74
Carbondale	68	73	76	77	78	76
Evansville	70	74	75	77	78	76
Harrisburg	67	72	74	76	76	74
Henderson	68	73	74	76	77	75
Hickman/Fulton	68	73	74	75	75	74
Hopkinsville	69	72	74	75	75	74
Madisonville	68	72	73	75	75	74
Marion	68	73	74	76	76	75
Marion, KY	68	73	73	74	75	74
Mount Vernon	67	72	75	77	77	75
Murray	69	73	74	75	75	74
Owensboro	69	73	74	75	76	74
Paducah	68	73	74	75	76	75
Poplar Bluff	65	70	72	73	73	73





Heat Risk Outlook

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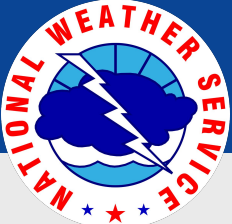
Major to extreme impacts from the heat are forecast next week

Average HeatRisk Forecast

	8/30	8/31	9/1	9/2	9/3	9/4
	Sun	Mon	Tue	Wed	Thu	Fri
Cape Girardeau	2	3	3	4	4	4
Carbondale	2	3	4	4	4	4
Evansville	2	3	4	4	4	4
Harrisburg	2	3	3	4	4	4
Henderson	2	3	3	4	4	4
Hickman/Fulton	2	3	3	4	4	4
Hopkinsville	2	3	3	4	4	3
Madisonville	1	2	3	3	3	2
Marion	2	3	4	4	4	4
Marion, KY	2	3	3	3	3	3
Mount Vernon	3	3	4	4	4	4
Murray	2	3	3	3	3	3
Owensboro	2	3	4	4	4	4
Paducah	3	3	4	4	4	4
Poplar Bluff	2	2	3	3	3	3

Category	Risk of Heat-Related Impacts
Green 0	Little to no risk from expected heat.
Yellow 1	Minor - Primarily affects those who are extremely sensitive to heat and without cooling/hydration.
Orange 2	Moderate - Affects those who are sensitive to heat, especially those without cooling/hydration, and some health systems and industries.
Red 3	Major - Affects anyone without cooling/hydration as well as health systems and industries.
Magenta 4	Extreme - Rare and/or long-duration extreme heat with no overnight relief affecting anyone without cooling/hydration as well as health systems, industries, and infrastructure.



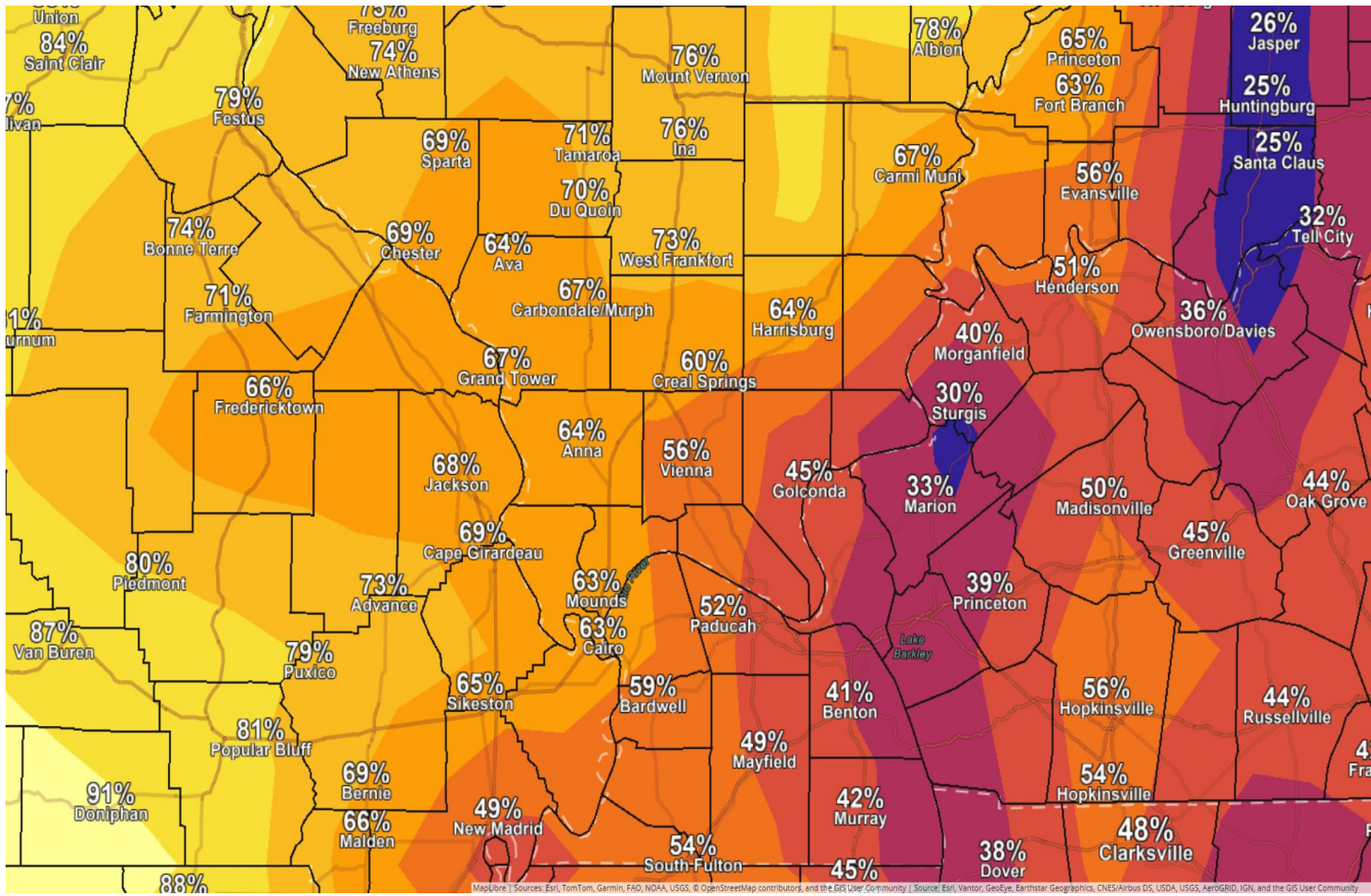


Extreme Heat Probabilities Monday

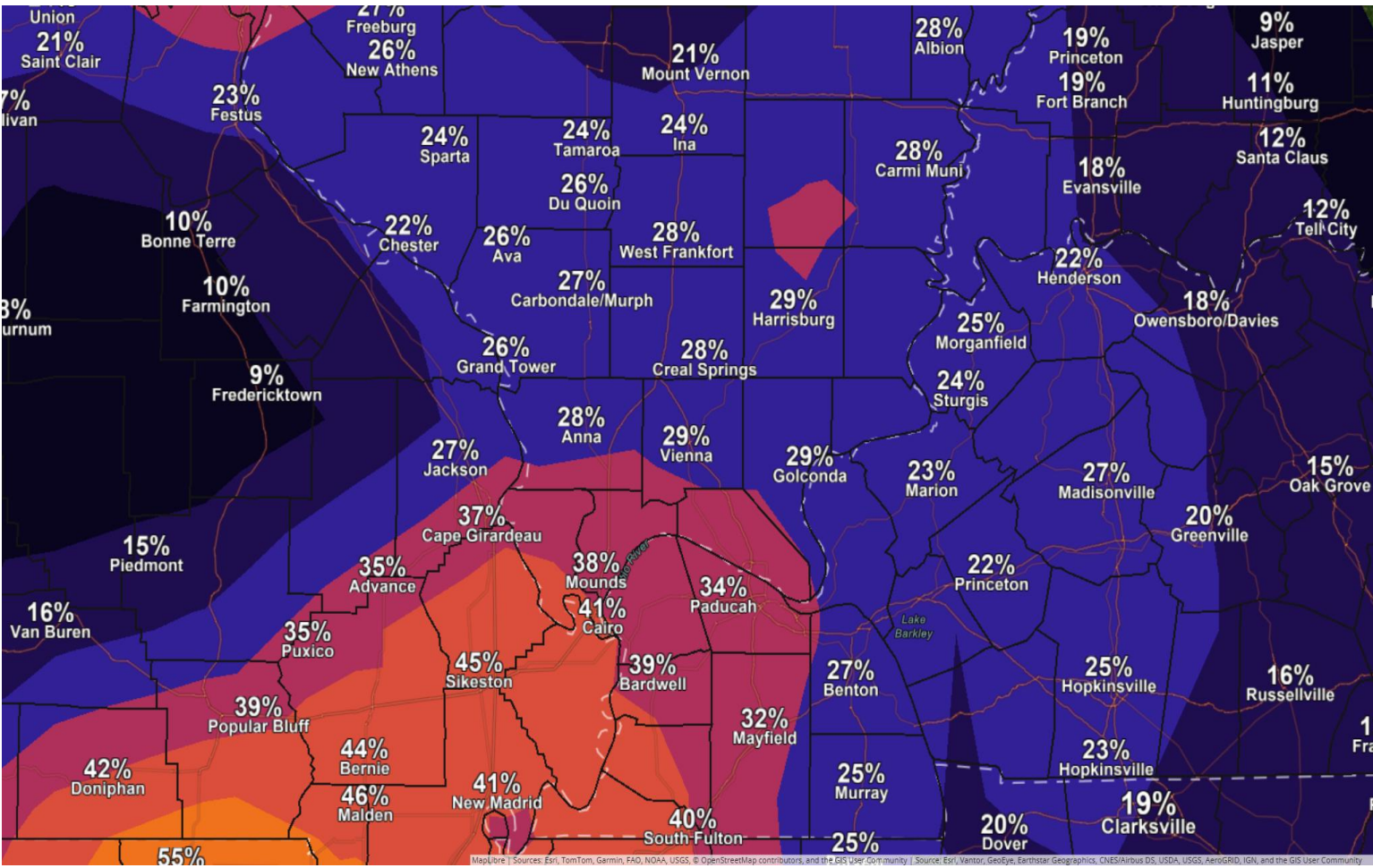
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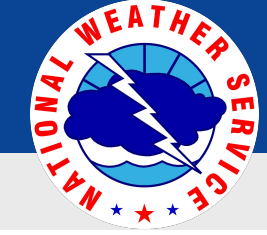
Dangerous Heat Begins to Build Across the Quad State!

Probability of Temperature Exceeding 95°



Probability of Heat Index of at least 100°



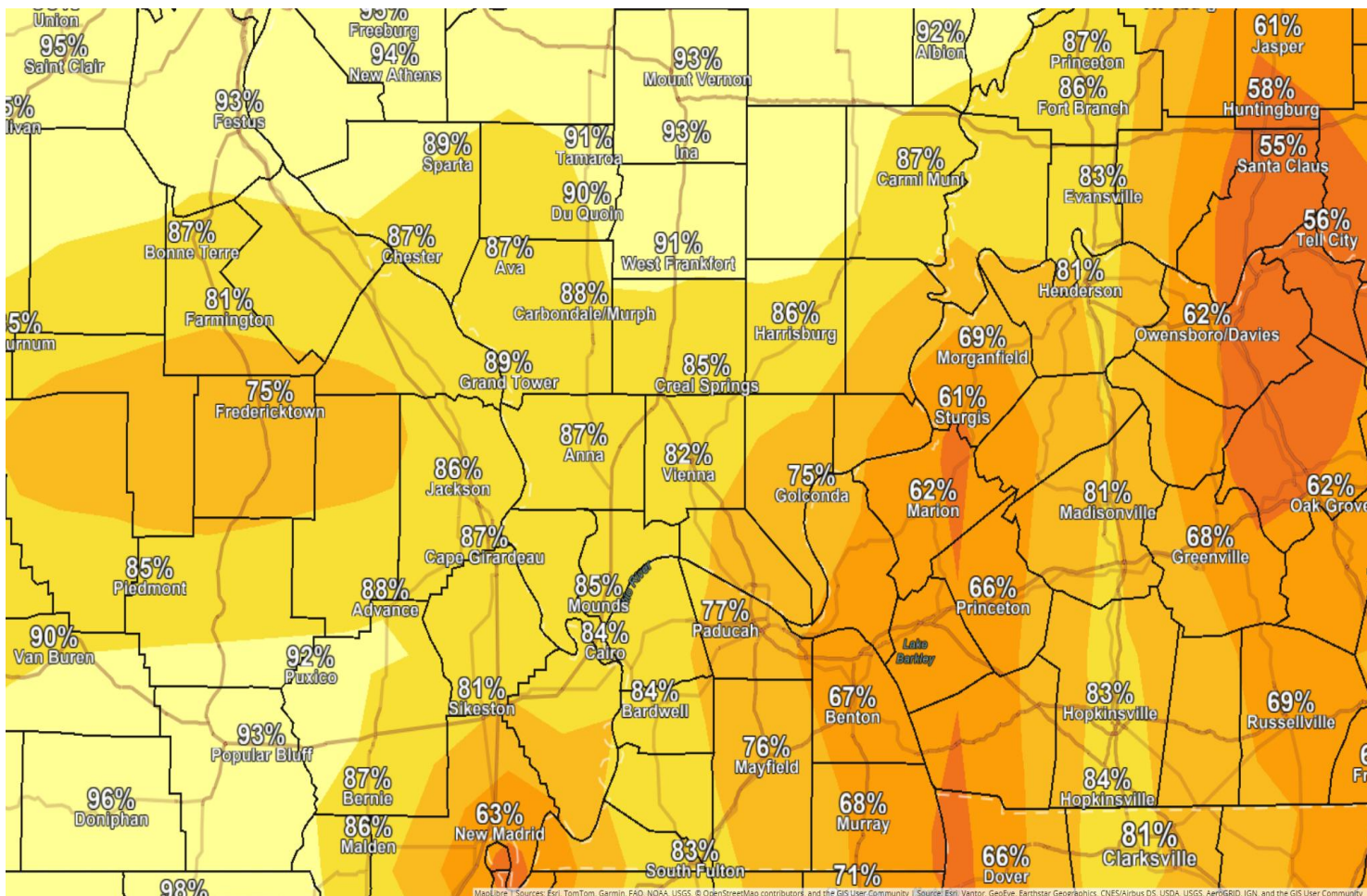


Extreme Heat Probabilities Tuesday

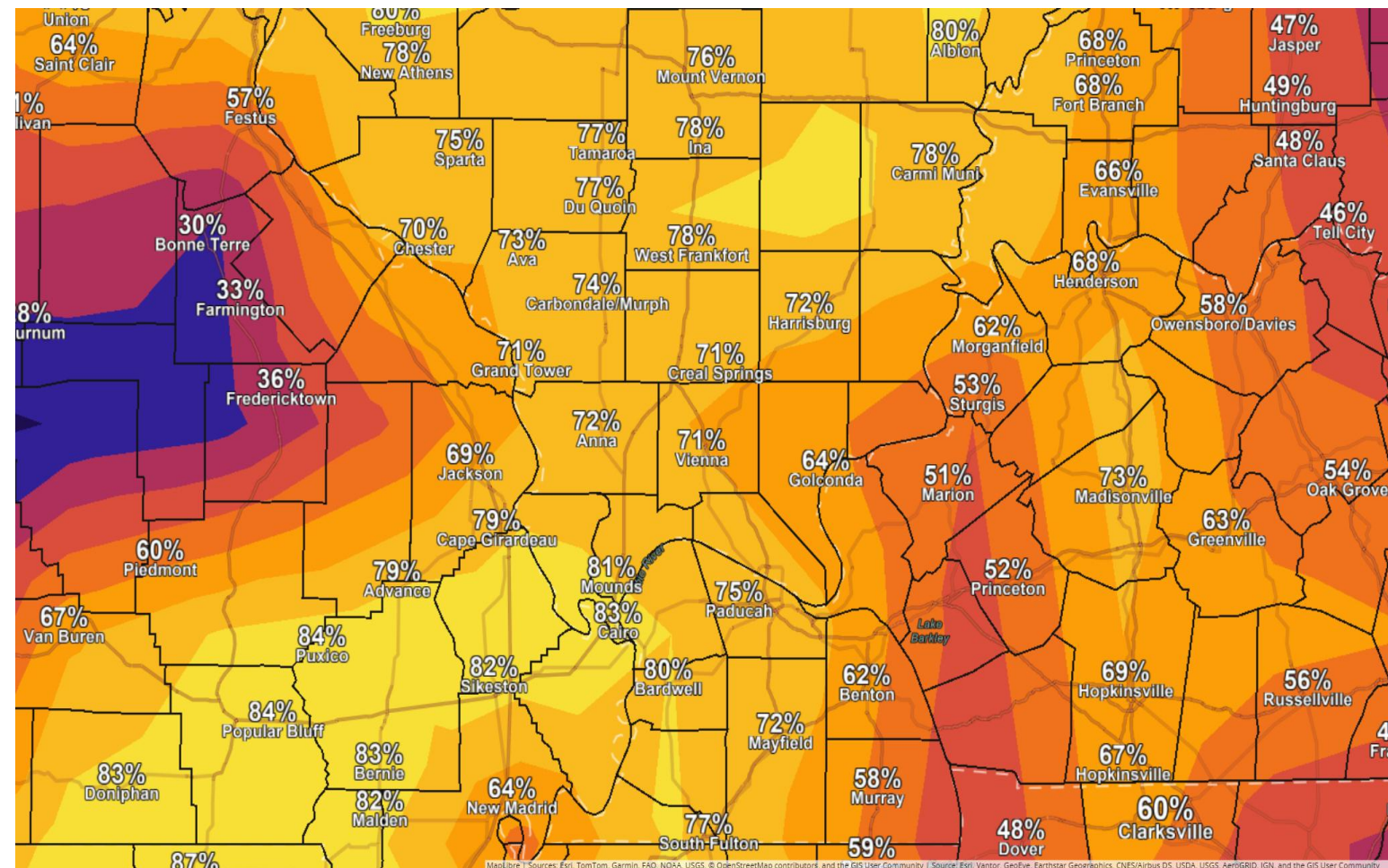
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Dangerous Heat Continues to Build Across the Quad State!

Probability of Temperature Exceeding 95°

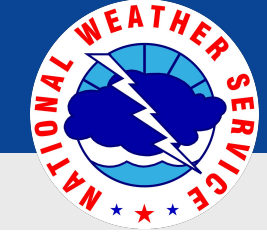


Probability of Heat Index of at least 100°



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

National Weather Service
Paducah, KY

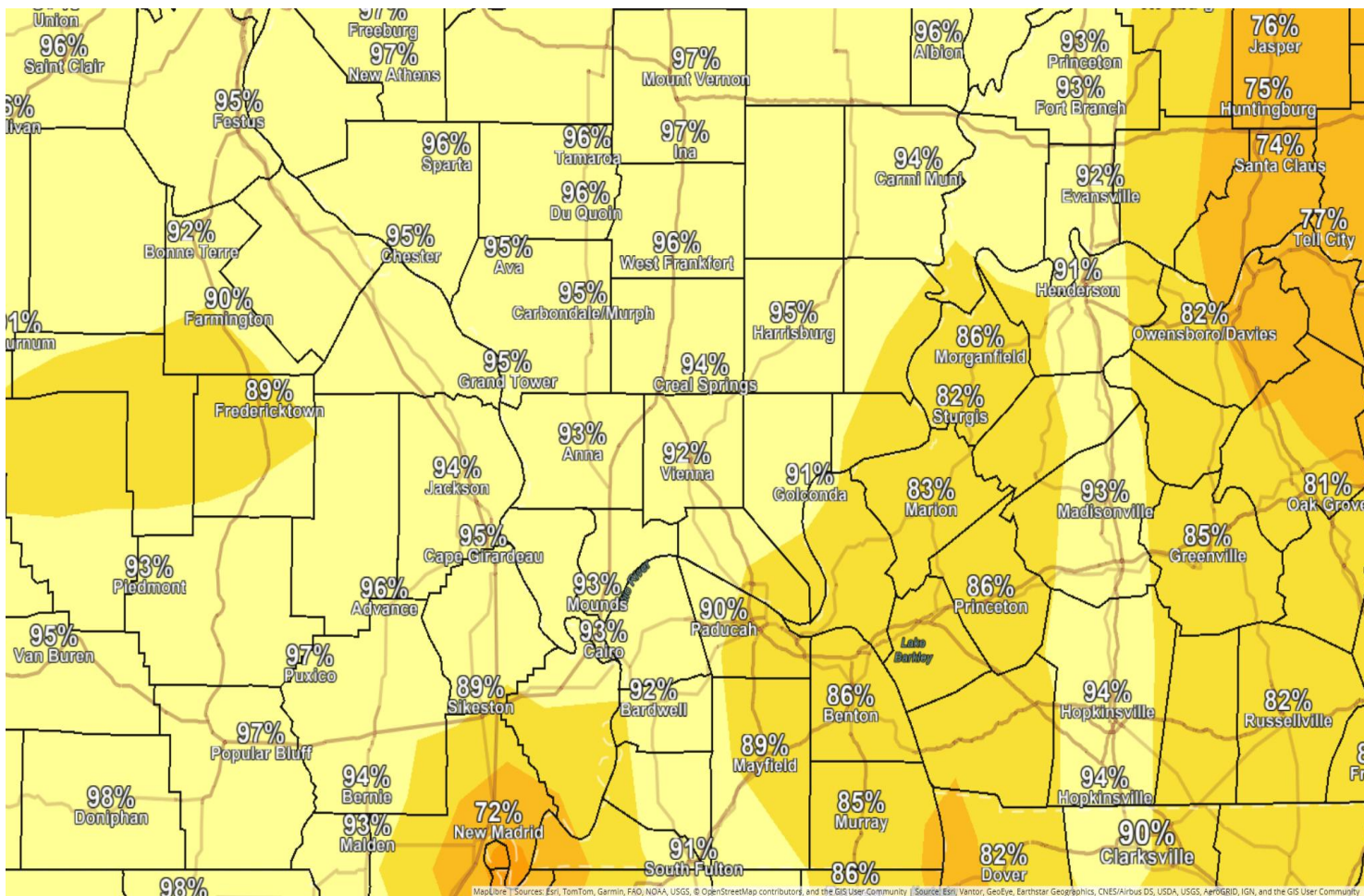


Extreme Heat Probabilities Wednesday

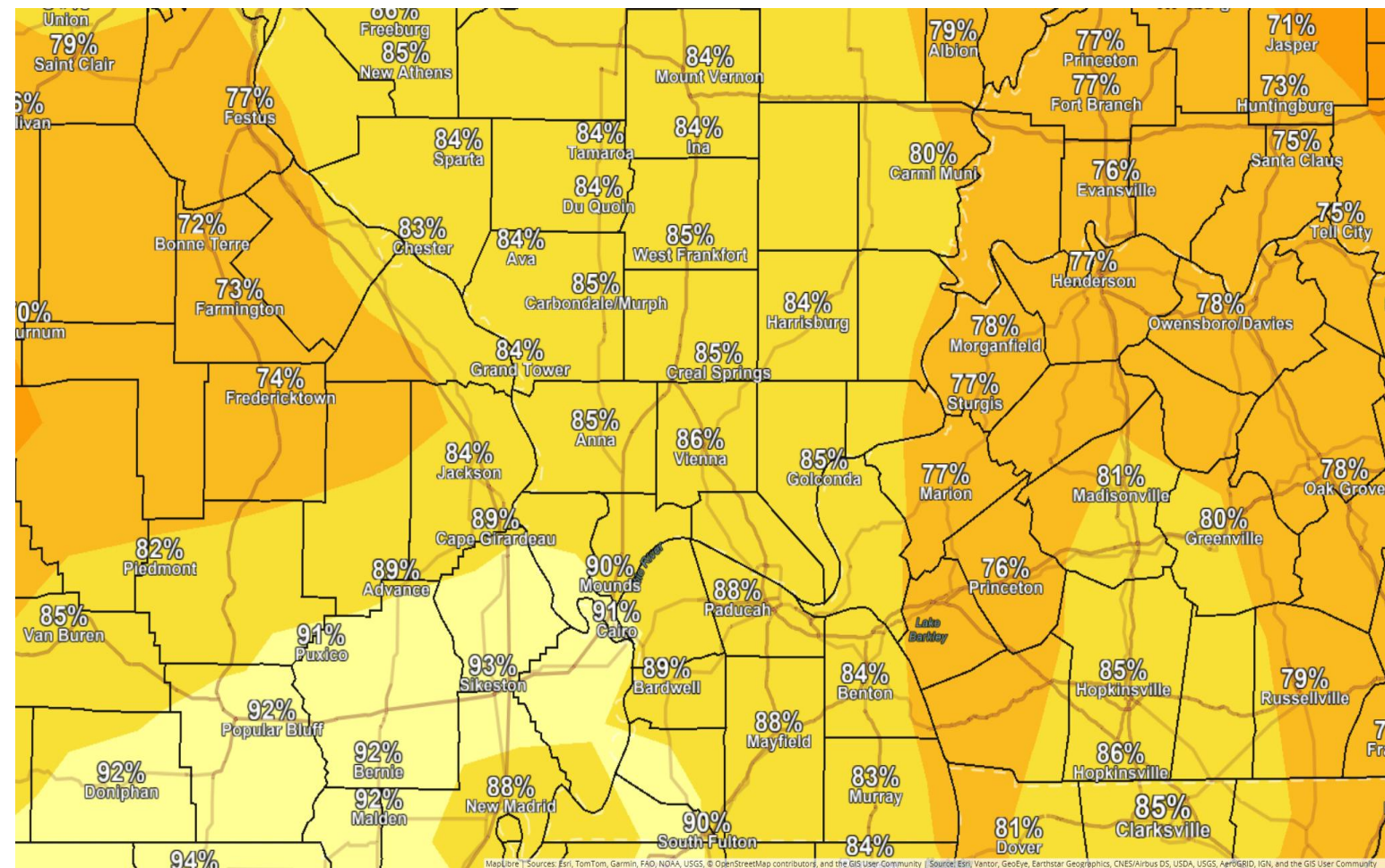
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Dangerous Heat Continues to Intensify Across the Quad State!

Probability of Temperature Exceeding 95°



Probability of Heat Index of at least 100°



PROTECT YOURSELF FROM HEAT & SUN



Drink plenty of **water** and avoid alcohol. Beverages with electrolytes can also help protect against heat stress.



Apply **sunscreen** (SPF 30 or higher) every two hours.



Wear lightweight, loose-fitting, and **light-colored clothing**.



Take regular breaks in the **shade**.



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STAY INDOORS **DURING HEAT WAVES**



Stay indoors in **air conditioning** whenever possible. If your home doesn't have AC, check if your area has a cooling center.



Remain hydrated by drinking **water** and avoiding alcohol.



Check on those **most vulnerable** to heat, including children and the elderly.



If you must go outdoors, go early or late in the day, and dress in light-colored clothing.



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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.



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