

Dangerous Heat Today

July 21, 2026
5:02 AM CDT

Key Messages

- Hot and humid conditions continue today
- Heat indices up to 115 degrees, especially along the Kansas/Oklahoma border

NEW

What Has Changed

- Heat indices up to 115 are now possible near the Kansas/Oklahoma border

Next Scheduled Update

- No additional updates expected

Signs of **Heat Exhaustion**

Dizziness, Fainting

Headache

Fatigue

Nausea, Vomiting or Diarrhea

Muscle or Abdominal Cramps

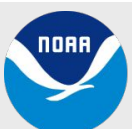
Profuse Sweating

Rapid Heartbeat



What to Do:

Drink Fluids, Remove Clothing, Cool Off



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

National Weather Service
Wichita, KS

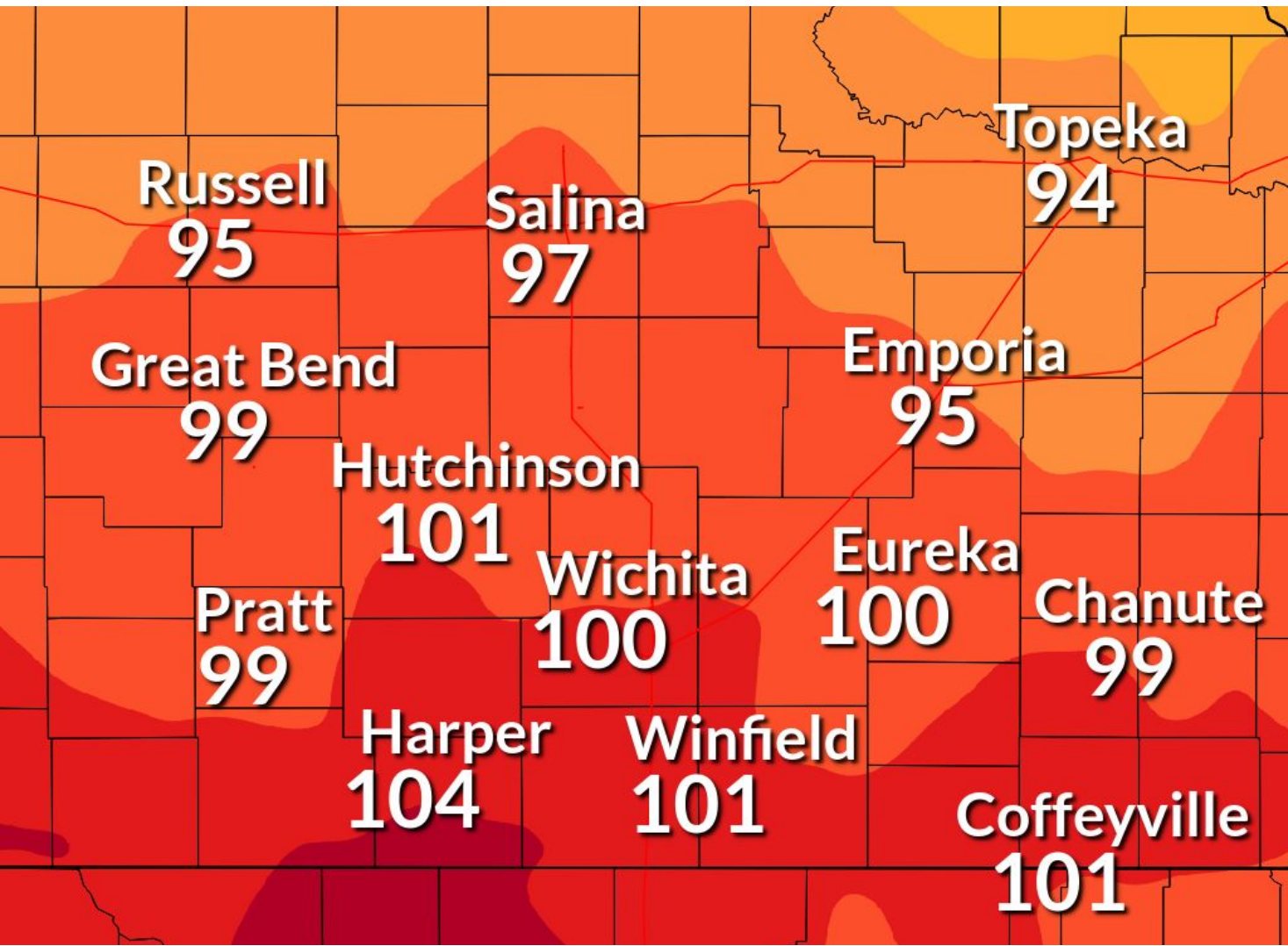


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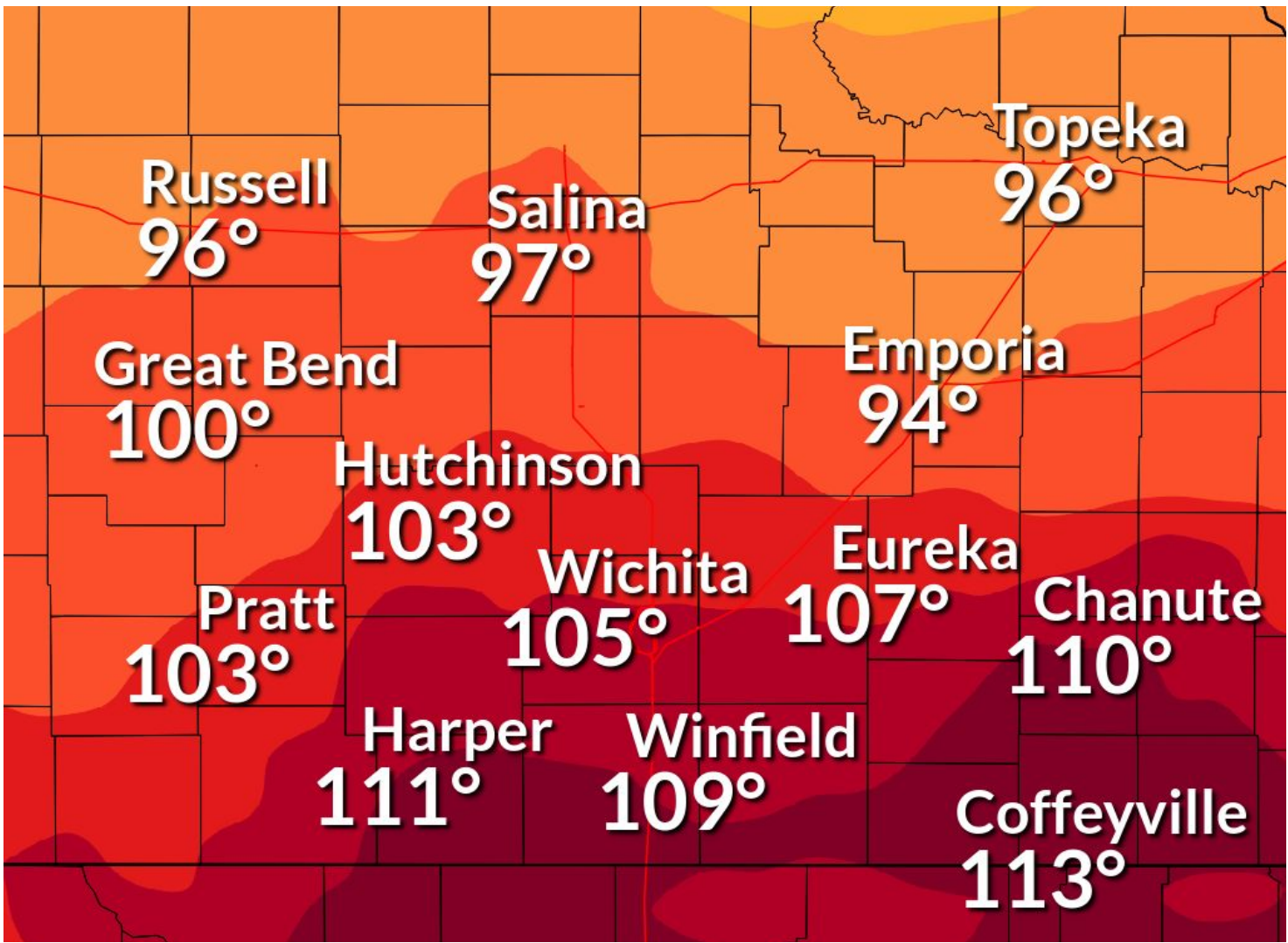
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Forecast for Central, South-Central, and Southeast Kansas

High Temperatures



Max Heat Indices





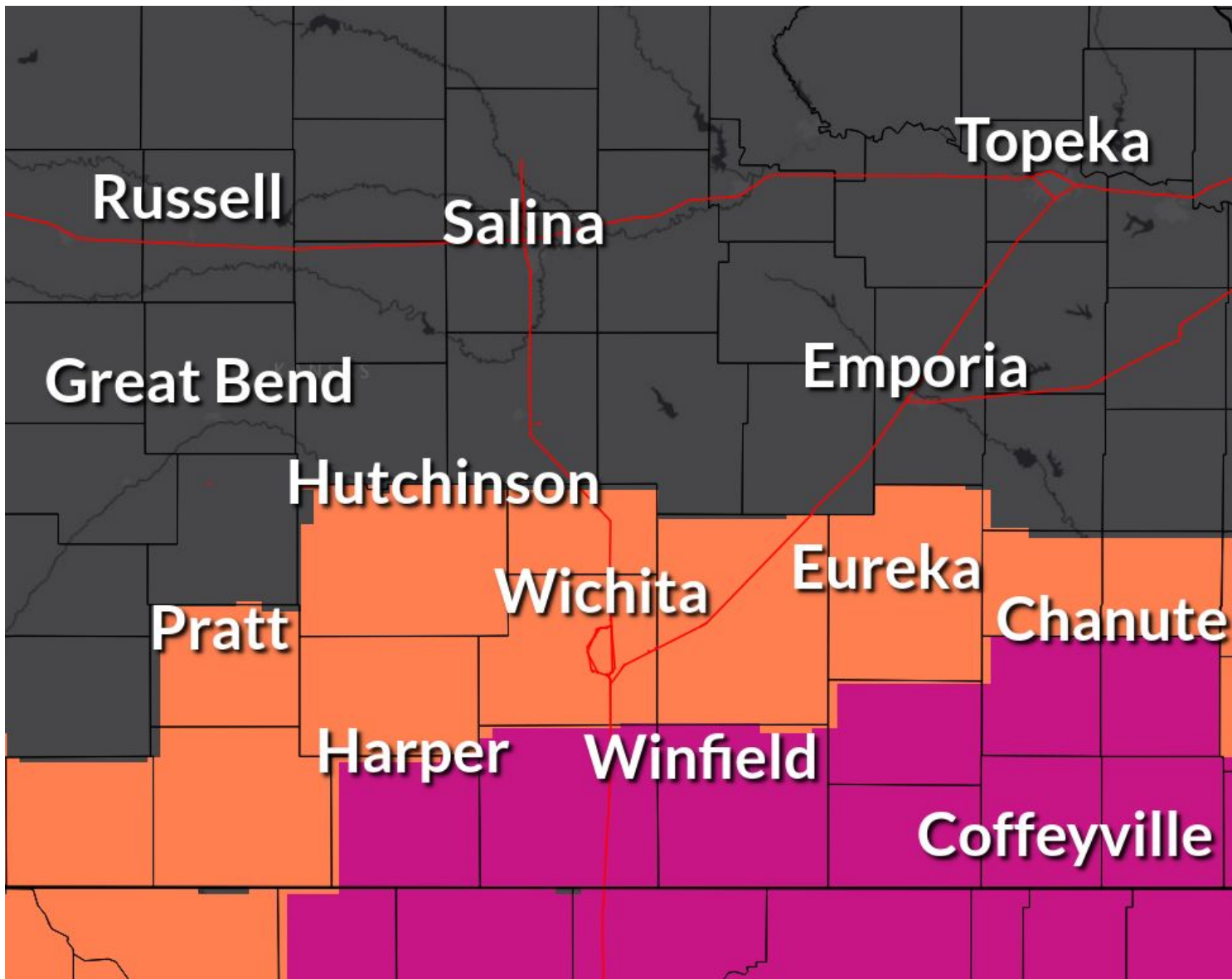
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Forecast for Central, South-Central, and Southeast Kansas

Heat Advisory: 12 - 8 PM

Extreme Heat Warning: 12 - 8 PM



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Wichita, KS

Practice HEAT SAFETY Wherever You Are

Heat related **deaths are preventable**.
Protect yourself and others from the
impacts of heat waves.



Job Sites

Stay hydrated and
take breaks in the shade
as often as possible



Indoors

Check up on the
elderly, sick and those
without AC



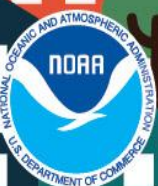
Vehicles

Never leave kids or
pets unattended -
LOOK before you LOCK



Outdoors

Limit strenuous outdoor
activities, find shade,
and stay hydrated



weather.gov/heat