

Excessive Heat Watch

Localized Major Heat Risk Returns

Tuesday Aug 15 – Thursday Aug 17, 2022



Highs: 108-115°

Lows: 84-92°



Lower deserts/Major metro areas



Stay hydrated



Limit time outdoors between 10 am – 6 pm



If you have AC, use it. Fans may not be adequate



Stay in a cool place during the heat of the day



National Weather Service · Phoenix, AZ

weather.gov/phoenix

Updated: Monday, August 14, 2023

...EXCESSIVE HEAT WARNING REMAINS IN EFFECT FROM TUESDAY MORNING, AUGUST 15TH THROUGH THURSDAY EVENING, AUGUST 17TH...

WHAT...Dangerously hot conditions possible. Afternoon temperatures 110 to 115.

WHERE...In Arizona, Yuma and in California, Imperial Valley.

IMPACTS... Major Heat Risk. Increase in heat related illnesses, including heat cramps, heat exhaustion, and heat stroke. Heat stroke can lead to death.

PRECAUTIONARY/PREPAREDNESS ACTIONS...

An Excessive Heat Warning means that a period of very hot temperatures, even by local standards, will occur. Actions should be taken to lessen the impact of the extreme heat.

*Stay indoors and seek air-conditioned buildings. *Drink water, more than usual, and avoid dehydrating alcoholic, sugary, or caffeinated drinks. *Dress for the heat - lightweight and light-colored clothing. *Eat small meals and eat more often. *Monitor those with a higher vulnerability to heat, including small children. *Check in on family, friends, and neighbors, especially the elderly. *If engaging in outdoor activity, take longer and more frequent breaks and avoid the hottest parts of the day. *Never leave kids or pets unattended in cars.

***Cooling shelter is available and located at the Quechan Community Center, 604 Picacho Road
Open 7 days a week from 10:00AM – 10:00PM.**

Recognize the signs and symptoms of heat-related illness. Early signs include thirst and muscle cramps.

Heat exhaustion may include: cool, moist, pale skin; headache; dizziness; weakness or exhaustion; nausea.

The most serious illness is **heat stroke**, which may include: vomiting; confusion; throbbing headache; decreased alertness or loss of consciousness; high body temperature (above 105F); hot, dry skin; rapid, weak pulse; rapid, shallow breathing; seizures.



[Click here for hazard details and duration](#)

Excessive Heat Watch August 15, 10:00am until August 17, 08:00pm

Today	Tonight	Tuesday	Tuesday Night	Wednesday	Wednesday Night	Thursday	Thursday Night
Sunny	Mostly Clear	Hot	Partly Cloudy	Hot	Mostly Clear	Sunny then Sunny and Breezy	Mostly Clear
High: 109 °F	Low: 87 °F	High: 111 °F	Low: 89 °F	High: 112 °F	Low: 88 °F	High: 113 °F	Low: 87 °F

Warming Temperatures This Week

- Widespread **Moderate HeatRisk**
- Localized areas of **Major HeatRisk** return Wednesday/Thursday
- Lower desert afternoon highs reaching 108-115°F midweek
- An **Excessive Heat Watch** in effect Tuesday-Thursday for metro areas

Shower & Storm Chances Continue

- Moderate (30-60%) afternoon/evening chances focused over higher terrain areas of south-central Arizona
- **Increasing chances** migrating into lower elevation communities late in the week (Friday/Saturday)
- Hazards include gusty winds, blowing dust, frequent lightning, and brief heavy rainfall

NWS PHOENIX



Weather Outlook

Issued Monday August 14, 2023

Moderate HeatRisk with localized areas of Major HeatRisk will be common across the region through the middle of the week. Marginal moisture will support a continued threat for showers and storms with the highest chances over higher terrain areas of south-central AZ. Better rainfall chances should begin to move into lower desert communities late in the week.