



## Prolonged Heat Wave Through At Least Early Next Week | Isolated Mostly High Terrain Storms

### KEY POINTS

- Long-duration excessive heat event likely to cause public health impacts with the greatest impacts this weekend. Record temperatures possible each day through Tuesday.
- Major to Extreme HeatRisk through early next week.
- Isolated thunderstorms over high terrain areas through Sunday, increasing chances and potentially expanding into the south-central AZ lower deserts starting Monday.
- [NOAA/NWS Phoenix Heat Page](#)

### CHANGES FROM PREVIOUS BRIEFING

Added chance for thunderstorms for Phoenix Monday and Tuesday

### WEATHER RISK OUTLOOK

Risk levels incorporate potential impacts from weather hazards and likelihood of occurrence. The weather hazard with the greatest risk will be listed first in the matrix.

	Fri 7/14	Sat 7/15	Sun 7/16	Mon 7/17	Tue 7/18
<b>Phoenix Metro Area</b> Including Maricopa & NW. Pinal Counties	Heat	Heat	Heat	Heat Isolated T-storms	Heat Isolated T-storms
<b>High Terrain SC AZ</b> S. Gila County and Tonto NF Foothills in NE Maricopa County	Heat Isolated T-storms	Heat Isolated T-storms	Heat Isolated T-storms	Heat Scattered T-storms	Heat Isolated T-storms
<b>Southwest Arizona</b> Including La Paz & Yuma Counties	Heat	Heat	Heat	Heat	Heat
<b>Southeast California</b> Including Imperial & Eastern Riverside Counties	Heat	Heat	Heat	Heat	Heat

<b>Risk Levels</b>	<b>Little to None</b>	<b>Minor</b>	<b>Moderate</b>	<b>Major</b>	<b>Extreme</b>
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### DETAILS

## Phoenix Metropolitan Area



Heat

### Impacts:

- Extreme Risk for heat-related illnesses for entire population, pets, and livestock due to long duration heat, with little to no relief overnight.

### Timing:

Major to Extreme HeatRisk through Tuesday

- **Excessive Heat Warning** in effect through Tuesday.
- Today - Tuesday: high temperatures between 112-119°F and overnight lows 86-95°F.



Thunderstorms

### Impacts:

Lightning, gusty winds, blowing dust

### Timing:

Starting Monday

- 20-30% chance of thunderstorms starting Monday.

## Higher Terrain South Central Arizona (Southern Gila County & Tonto NF Foothills in Maricopa County)



Heat

### Impacts:

- Moderate Risk for heat-related illnesses for pets, livestock, and those who are sensitive to heat, especially those without effective cooling and/or adequate hydration.
- Major Risk for heat-related illnesses for pets, livestock, and much of the population, especially with extended outdoor exposure, and for those who are heat sensitive and/or without effective cooling and/or adequate hydration.

### Timing:

Moderate HeatRisk today & Tuesday - Major HeatRisk Saturday-Monday

- Today & Tuesday: high temperatures between 97-108°F.
- Saturday - Monday: high temperatures between 99-113°F



Thunderstorms

### Impacts:

Lightning, gusty winds

### Timing:

Daily

- 10-20% chance of thunderstorms through Sunday, 20-50% chance Monday and Tuesday.
- Dry lightning could be a threat due to overall continued dry conditions through this weekend.

## Southwest Arizona (La Paz & Yuma Counties)



Heat

### Impacts:

- Extreme Risk for heat-related illnesses for entire population, pets, and livestock due to long duration heat, with little to no relief overnight.

### Timing:

Major to Extreme HeatRisk through Tuesday

- **Excessive Heat Warning** in effect through Tuesday.
- Today - Tuesday: high temperatures ranging from 111-119°F, hottest days Saturday and Sunday

## Southeast California (Imperial and Eastern Riverside Counties)



Heat

### Impacts:

- Extreme Risk for heat-related illnesses for entire population, pets, and livestock due to long duration heat, with little to no relief overnight.

### Timing:

Major to Extreme HeatRisk through Tuesday

- **Excessive Heat Warning** in effect through Tuesday.
- Today - Tuesday: high temperatures ranging from 112-120°F, hottest days Saturday and Sunday

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## FOR MORE INFORMATION

For the latest forecast updates, visit [weather.gov/phoenix](https://weather.gov/phoenix).

If you have questions or would like to submit weather reports, photos, or to unsubscribe from these briefings, email [nws.phoenix@noaa.gov](mailto:nws.phoenix@noaa.gov) or call **Media - (602) 275-7417; EM - (602) 275-7003**.

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## GRAPHICS

# Maximum Temperature Forecast

	7/14	7/15	7/16	7/17	7/18	7/19	7/20	7/21
	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri
Phoenix, AZ	117	118	118	116	115	115	115	114
Scottsdale, AZ	113	115	115	114	112	113	112	111
Glendale, AZ	114	115	115	114	112	113	112	111
Mesa, AZ	114	115	116	114	113	113	113	112
Apache Junction, AZ	112	113	113	112	111	110	110	109
Buckeye, AZ	114	116	116	114	113	113	113	112
Anthem, AZ	111	114	112	111	109	109	109	107
Wickenburg, AZ	112	115	113	112	110	110	110	109
Casa Grande, AZ	111	113	113	112	111	110	110	109
Globe, AZ	104	108	107	106	104	103	103	102
San Carlos, AZ	110	114	113	111	109	109	109	107
Tonto Basin, AZ	110	114	113	111	110	108	109	108
Quartzsite, AZ	114	117	116	114	115	113	113	112
Parker, AZ	116	119	118	116	115	115	114	114
Yuma, AZ	113	115	114	114	115	113	113	111
Gila Bend, AZ	113	115	114	114	114	112	112	111
Blythe, CA	117	119	118	116	117	115	115	115
El Centro, CA	114	117	117	116	116	115	114	113
Joshua Tree NP, CA	101	104	104	101	101	100	99	98

\*Table values in °F

\*\*Created: 3 am MST Fri 7/14/2023

\*\*\*Values are maximums over the period beginning at the time shown.

# Minimum Temperature Forecast

	7/14	7/15	7/16	7/17	7/18	7/19	7/20	7/21
	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri
Phoenix, AZ	93	92	92	93	93	92	92	92
Scottsdale, AZ	83	83	84	85	85	85	85	84
Glendale, AZ	88	88	89	89	89	89	89	90
Mesa, AZ	88	88	88	88	88	89	89	88
Apache Junction, AZ	88	87	87	88	88	89	88	88
Buckeye, AZ	87	87	87	88	89	88	88	88
Anthem, AZ	82	82	82	81	81	82	82	82
Wickenburg, AZ	81	81	81	81	81	82	81	80
Casa Grande, AZ	84	83	83	83	83	84	84	82
Globe, AZ	80	79	79	79	79	80	80	79
San Carlos, AZ	78	77	77	78	78	79	77	77
Tonto Basin, AZ	81	80	80	81	81	82	81	80
Quartzsite, AZ	86	86	86	87	87	88	84	85
Parker, AZ	81	81	82	85	84	82	82	82
Yuma, AZ	88	88	89	89	88	87	86	86
Gila Bend, AZ	86	86	87	87	87	87	87	86
Blythe, CA	83	83	84	86	85	83	82	82
El Centro, CA	85	85	88	88	87	88	84	84
Joshua Tree NP, CA	81	81	82	81	81	79	78	78

\*Table values in °F

\*\*Created: 3 am MST Fri 7/14/2023

\*\*\*Values are minimums over the period beginning at the time shown.

# Heat Exhaustion

# Heat Stroke

## ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

*Dizziness*

*Thirst*

*Heavy Sweating*

*Nausea*

*Weakness*



*Confusion*

*Dizziness*

*Becomes Unconscious*

## ACT FAST

# CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

*Heat exhaustion can lead to heat stroke.*

*Heat stroke can cause death or permanent disability if emergency treatment is not given.*



Stay Cool, Stay Hydrated, Stay Informed!



**Heat Symptoms**