



Excessive Heat Through the Weekend | Thunderstorm Chances Increase Into Early Next Week

KEY POINTS

- Excessive Heat Warnings remain in effect across the region through Saturday and through Sunday across the Phoenix metro.
- Storm chances trend upward across higher terrain and lower deserts going through the weekend and into early next week.
- Slightly cooler temperatures going into early next week, but still widespread Moderate to isolated Major HeatRisk across the region.
- [NOAA/NWS Phoenix Heat Page](#)

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 7/21	Sat 7/22	Sun 7/23	Mon 7/24	Tue 7/25
Phoenix Metro Area Including Maricopa & NW. Pinal Counties	Heat	Heat Thunderstorms	Heat Thunderstorms	Heat Thunderstorms	Heat
High Terrain SC AZ S. Gila County and Tonto NF Foothills in NE Maricopa County	Heat Thunderstorms	Heat Thunderstorms	Heat Thunderstorms	Heat Thunderstorms	Heat Thunderstorms
Southwest Arizona Including La Paz & Yuma Counties	Heat	Heat	Heat Thunderstorms	Heat Thunderstorms	Heat
Southeast California Including Imperial & Eastern Riverside Counties	Heat	Heat	Heat Thunderstorms	Heat	Heat

Risk Levels	Little to None	Minor	Moderate	Major	Extreme
--------------------	----------------	-------	----------	-------	---------

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 Sunday

- **Excessive Heat Warning** in effect through Sunday.



Thunderstorms

Impacts:

Areas of strong gusty winds; possible localized brief heavy rain

Timing:

Saturday through Monday

- Saturday & Monday: Isolated thunderstorms (10-20% chance)
- Sunday: Isolated to scattered thunderstorms (20-30% chance)

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



Heat

Impacts:

- 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:

Major HeatRisk Through Saturday

- **Excessive Heat Warning** and **Heat Advisory** in effect through Saturday.



Thunderstorms

Impacts:

Areas of strong gusty winds; possible localized brief heavy rain

Timing:

Daily

- Friday and Saturday: Isolated to scattered thunderstorms (20-40% chance)
- Sunday and Monday: Scattered thunderstorms (30-50% chance)

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 Saturday

- **Excessive Heat Warning** in effect through Saturday.



Thunderstorms

Impacts:

Areas of strong gusty winds; possible localized brief heavy rain

Timing:

Sunday & Monday

- Isolated thunderstorms Sunday and Monday (10-20% chance).

Southeast California (Imperial and Eastern Riverside Counties)



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 Saturday

- **Excessive Heat Warning** in effect through Saturday.



Impacts:

Areas of strong gusty winds; possible localized brief heavy rain

Timing:

Sunday

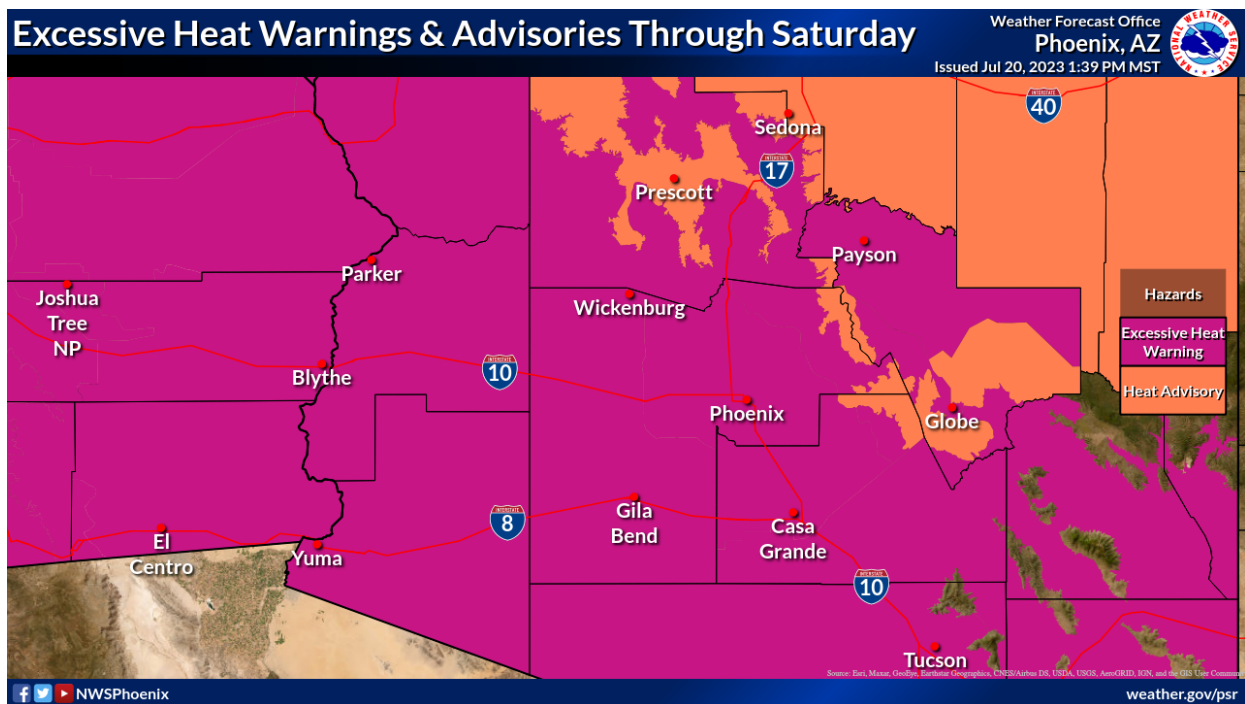
- Sunday: Isolated thunderstorms (10-15% chance)

FOR MORE INFORMATION

For the latest forecast updates, visit [weather.gov/phoenix](https://www.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 or call **Media - (602) 275-7417; EM - (602) 275-7003**.

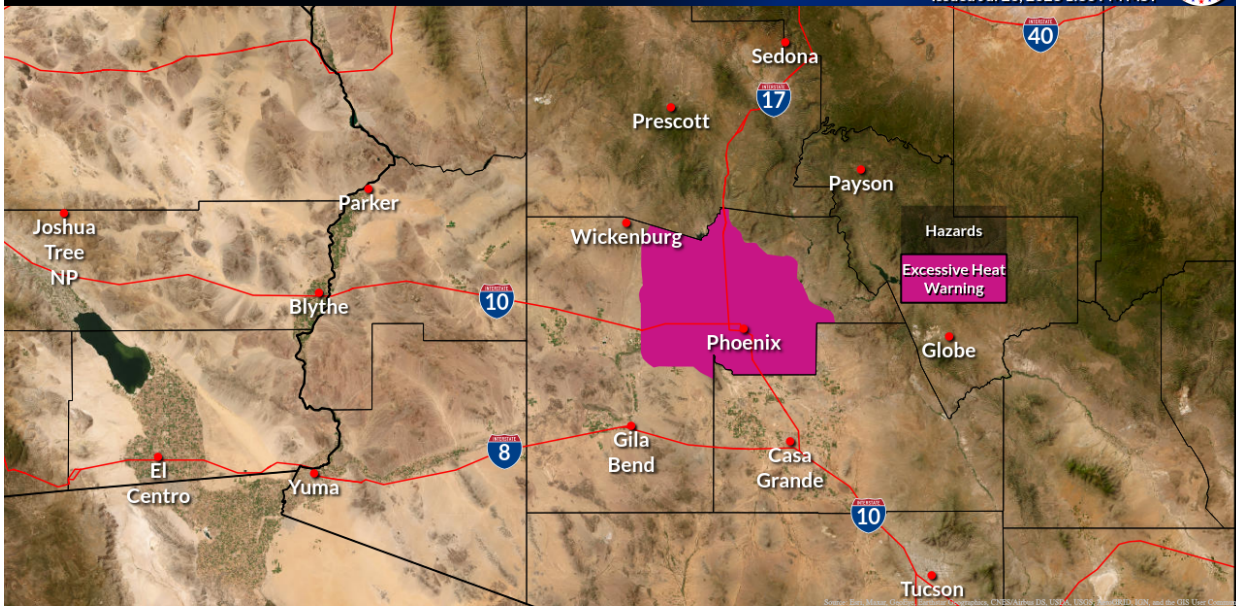
GRAPHICS



Excessive_Heat_Warnings_Advisories_Thru_Saturday.png

Excessive Heat Warnings for Sunday

Weather Forecast Office
Phoenix, AZ
Issued Jul 20, 2023 1:30 PM MST



Excessive_Heat_Warnings_for_Sunday_July_23rd.png

Heat Exhaustion	Heat Stroke
ACT FAST	ACT FAST
<ul style="list-style-type: none"> • Move to a cooler area • Loosen clothing • Sip cool water • Seek medical help if symptoms don't improve 	<p style="font-size: 2em; font-weight: bold; text-align: center;">CALL 911</p> <ul style="list-style-type: none"> • Move person to a cooler area • Loosen clothing and remove extra layers • Cool with water or ice
<p><i>Dizziness</i></p> <p><i>Thirst</i></p> <p><i>Heavy Sweating</i></p> <p><i>Nausea</i></p> <p><i>Weakness</i></p>	<p><i>Confusion</i></p> <p><i>Dizziness</i></p> <p><i>Becomes Unconscious</i></p>
<p><i>Heat exhaustion can lead to heat stroke.</i></p> <p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>	
<p>Stay Cool, Stay Hydrated, Stay Informed!</p>	

Heat Symptoms