

Heat Advisory Issued for Monday and Tuesday

OMAHA, Neb. (AP) – Forecasters are urging people to take precautions as some of the most intense heat of the summer so far is expected this week.

The National Weather Service has issued heat advisories for the eastern half of Nebraska, northwest Missouri, northeast Kansas, and 74 of Iowa's 99 counties on Monday and Tuesday.

Temperatures are expected to climb into the 90s across the region and humidity will be high, so heat stroke, heat exhaustion and sunburn are possible.

Leslie Schaffer with the American Red Cross says it's important to take precautions in the heat, especially for the elderly and young children.

Staying inside during the hottest part of the day can be a big help. People who must work outside should take frequent breaks and drink plenty of fluids.

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