

Heat alerts continue locally

(MSC NEWS)-- Another couple of hot days are in store for the listening area. Heat index values in the afternoon and evening could range from around 100 to 110. A Heat Advisory is in effect for much of Nebraska and Northern Kansas as well as a portion of Northwest Missouri.

The following area counties in Southeast Nebraska are in an excessive heat warning until Friday at 9:00 p.m. Gage, Jefferson, Johnson, Pawnee and Richardson.

Northeast Kansas counties included in the excessive heat warning include: Washington-Marshall-Nemaha-Brown-Cloud-Clay-Riley-Pottawatomie-Jackson and Jeffersonton.

Nebraska counties in a heat advisory until Friday at 9:00 p.m. include: Nemaha and Otoe. In Northeast Kansas Doniphan and Atchison counties are included along with Holt and Atchison counties in Northwest, Missouri.

Extreme heat and humidity will significantly increase the potential for heat related illnesses, particularly for those working or participating in outdoor activities. Drink plenty of fluids, stay in an air-conditioned room, stay out of the sun, and check up on relatives and neighbors. Young children and pets should never be left unattended in vehicles under any circumstances. Take extra precautions if you work or spend time outside. When possible reschedule strenuous activities to early morning or evening. Know the signs and symptoms of heat exhaustion and heat stroke. Wear lightweight and loose fitting clothing when possible. To reduce risk during outdoor work, the Occupational Safety and Health Administration recommends scheduling frequent rest breaks in shaded or air conditioned environments. Anyone overcome by heat should be moved to a cool and shaded location. Heat stroke is an emergency! Call 9 1 1.

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