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Heat Advisories and Warnings in Place through Weekend

Dangerous heat is expected to continue across the region through the next week.

Southeast Nebraska is under a heat advisory from this (Friday) afternoon through 8:00 p.m. Tuesday. High temperatures are forecast to climb into the mid-to-upper 90s today, warm to 100 to 105 degrees Saturday and Sunday, and remain near 100 on Monday and Tuesday.

Meanwhile, a heat advisory is in effect until noon Saturday for northeast Kansas and northwest Missouri. An excessive heat warning has been issued for that area from noon Saturday through 7:00 p.m. Wednesday.

Afternoon temperatures will rise into the upper 90s to lower 100s through Saturday, with forecast highs between 105 and 110 degrees Sunday through Wednesday. The National Weather Service says some locations may push upward of 110 degrees on Sunday.

The prolonged nature of the heat wave makes it especially dangerous for those who work outdoors or do not have air conditioning. If you must work outside, you should take plenty of water breaks in the shade and if possible schedule more strenuous activities for morning or evening hours.

Anyone overcome by the heat should be moved to a cool and shaded location and seek emergency assistance.

Other advice during the extreme heat includes avoiding caffeinated, alcoholic, or high-sugar content beverages, wear light-colored and loose fitting clothing when possible, and check up on neighbors and family members.

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