



Heat Wave Begins Today

June 29, 2026
3:06 AM

Key Messages:

- A prolonged stretch of dangerous heat and humidity begins today. **Daily heat indices around 105°F are expected.**
- Tuesday currently looks to feature the highest heat indices of the stretch.
- Increasing storm chances may start to take the edge off the heat Thursday and Friday, but less storm coverage would result in 100-105°F heat indices continuing.

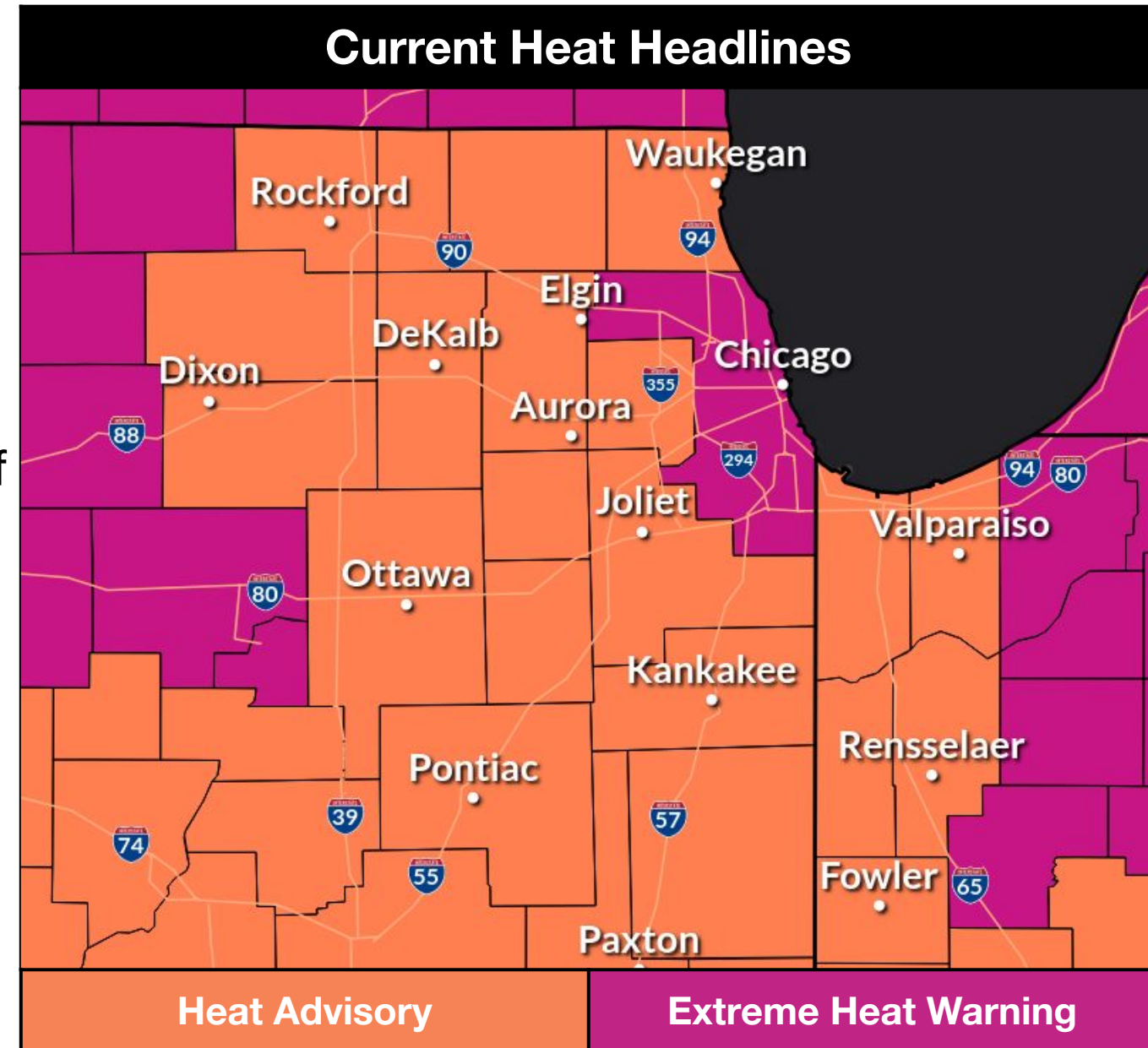


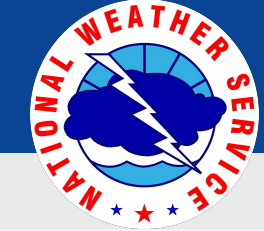
What Has Changed:

- No major changes with this update.

Next Scheduled Update:

- 4 PM CDT 6/29/2026





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What To Expect



Hot and Humid Conditions
DANGEROUS to anyone without proper hydration or adequate cooling



Through Wednesday
Chances for thunderstorms increase Thursday and Friday which may lower peak heat indices



Areawide
Less overnight relief in/near Chicago due to heat indices remaining in the 90s until well after sunset

What To Do



Stay Hydrated
Drink water before you are thirsty



Wear Light Clothing
lightweight and light colored



Stay in Air Conditioning
during the day



Consider Avoiding Outdoor Activities
During warmest part of day

Forecast Heat Indices through Wednesday

	Mon					Tue					Wed										
	9am	12pm	3pm	6pm	9pm	12am	3am	6am	9am	12pm	3pm	6pm	9pm	12am	3am	6am	9am	12pm	3pm	6pm	9pm
Aurora	90	101	104	102	94	87	79	77	90	103	107	105	96	84	78	76	89	101	103	102	93
Belvidere	88	100	103	103	94	86	78	77	88	99	104	105	96	85	77	76	86	97	100	101	92
Chicago-Downtown	88	96	101	98	92	87	79	78	92	101	105	103	94	86	79	78	90	100	103	100	92
Chicago-Midway	91	99	103	100	94	89	84	79	92	101	105	103	96	88	83	79	90	100	102	100	93
Chicago-O'Hare	89	98	103	101	95	88	83	79	91	101	106	104	96	88	83	79	90	100	103	101	94
DeKalb	89	101	104	103	92	85	77	76	88	99	103	103	94	83	77	75	87	98	100	99	91
Dixon	90	101	105	104	94	86	78	76	89	100	105	105	95	84	77	75	87	98	102	101	92
Elgin	87	99	104	102	94	87	78	77	89	102	108	106	97	85	78	77	88	100	103	102	93
Fowler	89	99	102	97	85	78	76	76	90	102	105	98	87	77	76	75	88	101	103	97	86
Gary	89	98	100	97	89	83	78	77	92	102	105	101	92	79	77	77	92	104	103	99	89
Joliet	90	102	106	101	92	85	79	77	91	104	108	103	94	84	78	76	90	103	104	101	91
Kankakee	91	101	105	101	91	85	78	76	91	102	106	102	92	79	77	75	90	102	104	101	91
Morris	91	104	106	102	90	84	78	77	91	103	106	104	92	83	77	76	90	103	103	101	91
Ottawa	91	104	105	104	96	86	79	77	90	101	105	104	96	84	78	76	88	100	103	102	93
Paxton	89	101	104	101	90	78	76	76	92	104	106	102	90	78	76	75	91	103	103	101	89
Pontiac	92	103	105	103	91	84	78	76	92	105	107	104	92	79	76	75	91	104	104	101	91
Rensselaer	90	99	103	99	85	78	77	76	92	101	104	100	87	77	76	75	90	101	102	98	86
Rochelle	90	101	104	105	94	85	78	77	89	100	103	103	94	84	77	75	87	98	101	100	91
Rockford	89	100	104	103	97	88	82	77	89	100	105	106	100	85	78	76	87	97	100	101	94
Valparaiso	88	97	102	98	88	79	78	77	90	99	104	99	89	79	77	76	90	100	103	99	88
Watseka	90	100	103	99	89	78	77	76	91	102	105	100	90	78	76	75	90	101	102	99	88
Waukegan	84	94	100	97	88	83	78	76	88	103	107	102	91	83	78	76	88	101	102	98	89
Wheaton	89	98	103	101	94	87	83	77	90	102	106	104	96	85	79	77	89	100	102	101	93
Woodstock	85	96	102	101	92	85	78	76	87	100	106	105	95	84	78	76	86	98	101	100	91





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General Heat Timeline



Period of Most Dangerous Heat!

Timeline



Hot and Humid! Highs in the 90s with little to no lake cooling

Peak Heat indices each PM: Around 105°F (locally near 110°F on Tuesday)

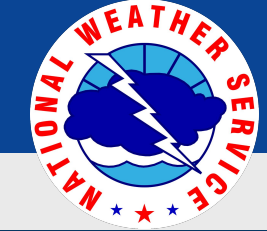
Overnight Heat Indices \geq 75°F (near 80° in downtown Chicago)

Threat for storms increases Thursday and especially Friday.

Magnitude of heat will depend on storm coverage.

If little/no storm coverage: peak heat indices of 100-105°F would continue.





Five Day Outlook

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Dangerous heat and humidity this week

Today	Tue	Wed	Thu	Fri
 Humid	 Humid	 Humid	 20% Late? Humid	 30-50% Humid
Peak Heat Indices: 100°+	Peak Heat Indices: 105°+	Peak Heat Indices: 100°+	Peak Heat Indices: 100°+	Peak Heat Indices: 95°+
H: 91-94°	H: 93-96°	H: 93-96°	H: 92-96°	H: 88-91°
 Muggy	 Muggy	 Muggy	 30% Muggy	 30-50%
L: 75-79°	L: 74-80°	L: 75-80°	L: 73-77°	L: 70-75°



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.

Practice HEAT SAFETY Wherever You Are

Heat related **deaths** are preventable.
Protect yourself and others from the
impacts of heat waves.



Job Sites

Stay hydrated and
take breaks in the shade
as often as possible



Indoors

Check up on the
elderly, sick and those
without AC



Vehicles

Never leave kids or
pets unattended -
LOOK before you LOCK



Outdoors

Limit strenuous outdoor
activities, find shade,
and stay hydrated



weather.gov/heat



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Additional Resources

Additional Resources

[Graphical Hazardous Weather Outlook](#)

Helps to determine which days you need to be mindful of hazardous weather

[Heat Safety Information](#)

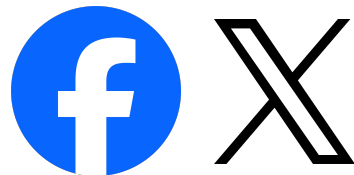
Heat safety tips and resources

[Event-Ready Webpage](#)

For planning and monitoring weather events

[Severe Weather Preparedness](#)

Severe weather information and resources



@NWSChicago

