

Key Messages: Dangerous Heat This Week

June 29, 2026
4:26 PM

For Western Pennsylvania, Eastern Ohio, and Northern West Virginia

1. Dangerous Heat This Week:

Widespread high temperatures in the 90s with heat indices over 100°F. Heat likely to peak late in the work week.

2. Warm Overnight Low Temperatures:

Overnight low temperatures in the mid-70s will compound the risk for heat stress day to day.

3. Daily Temperatures Tied to Thunderstorms:

Thunderstorm chances increase mid/late week. Afternoon storms could locally reduce high temperatures.

WHAT CAN YOU DO?



STAY COOL

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device



STAY HYDRATED

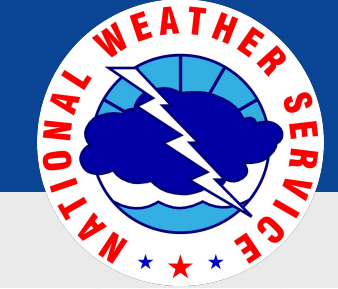
- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water



STAY INFORMED

- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness





Dangerous Heat This Week

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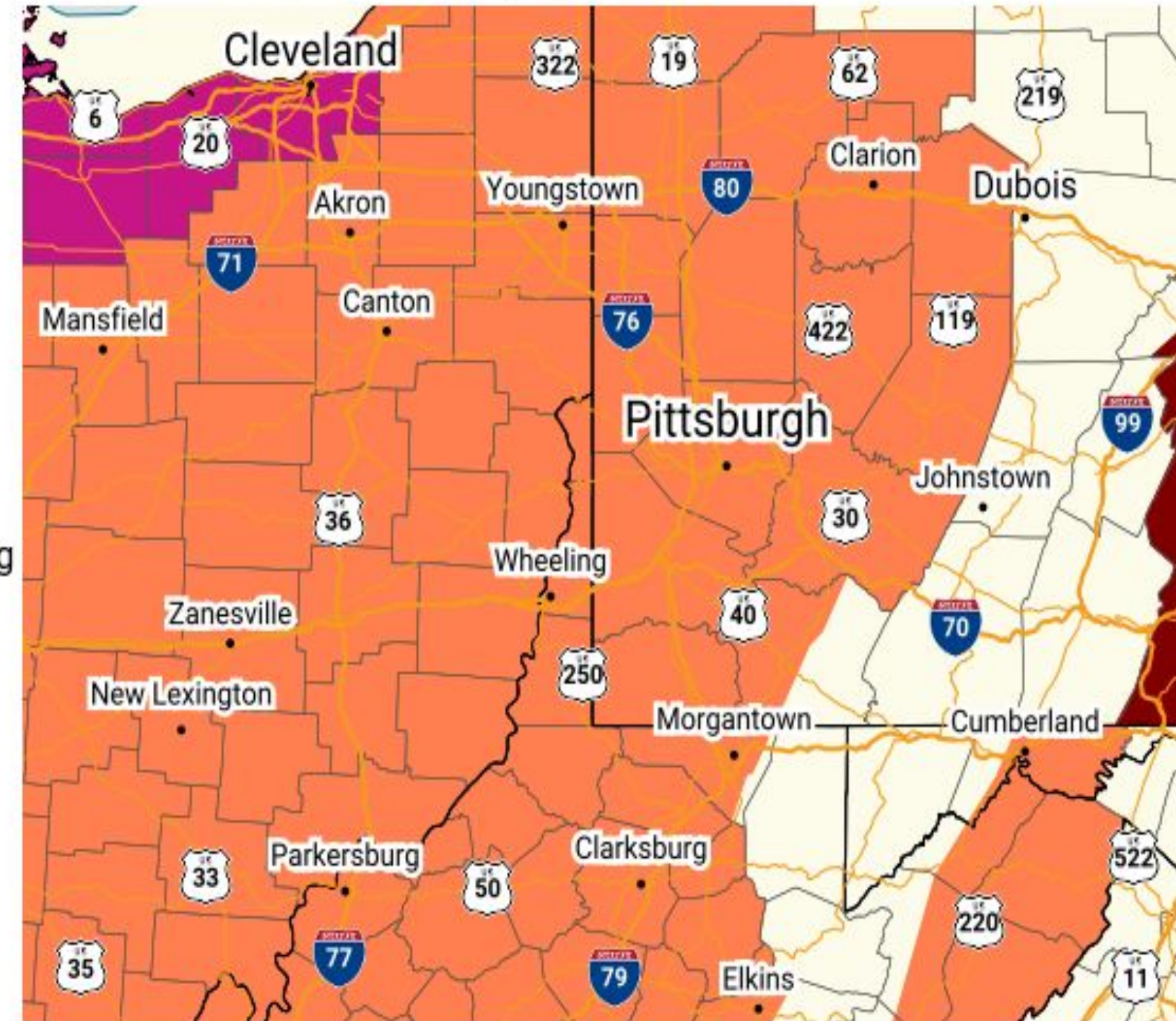
Tuesday 6/30 through at least Friday 7/3

- Heat Advisory in effect from 11 AM Tuesday until 10 PM Friday
- Heat indices to climb over 100°F and then peak Wednesday and Thursday
- Heat stress to build over successive days with little overnight relief
- Upgrade to Excessive Heat Warning could be needed for Wednesday and Thursday



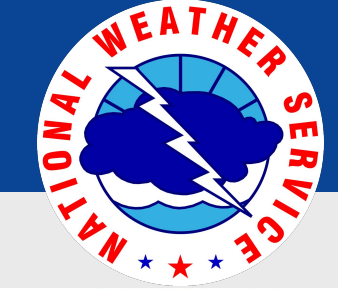
Current Watches, Warnings, and Advisories

- Extreme Heat Watch
- Heat Advisory
- Extreme Heat Warning



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Dangerous Heat This Week

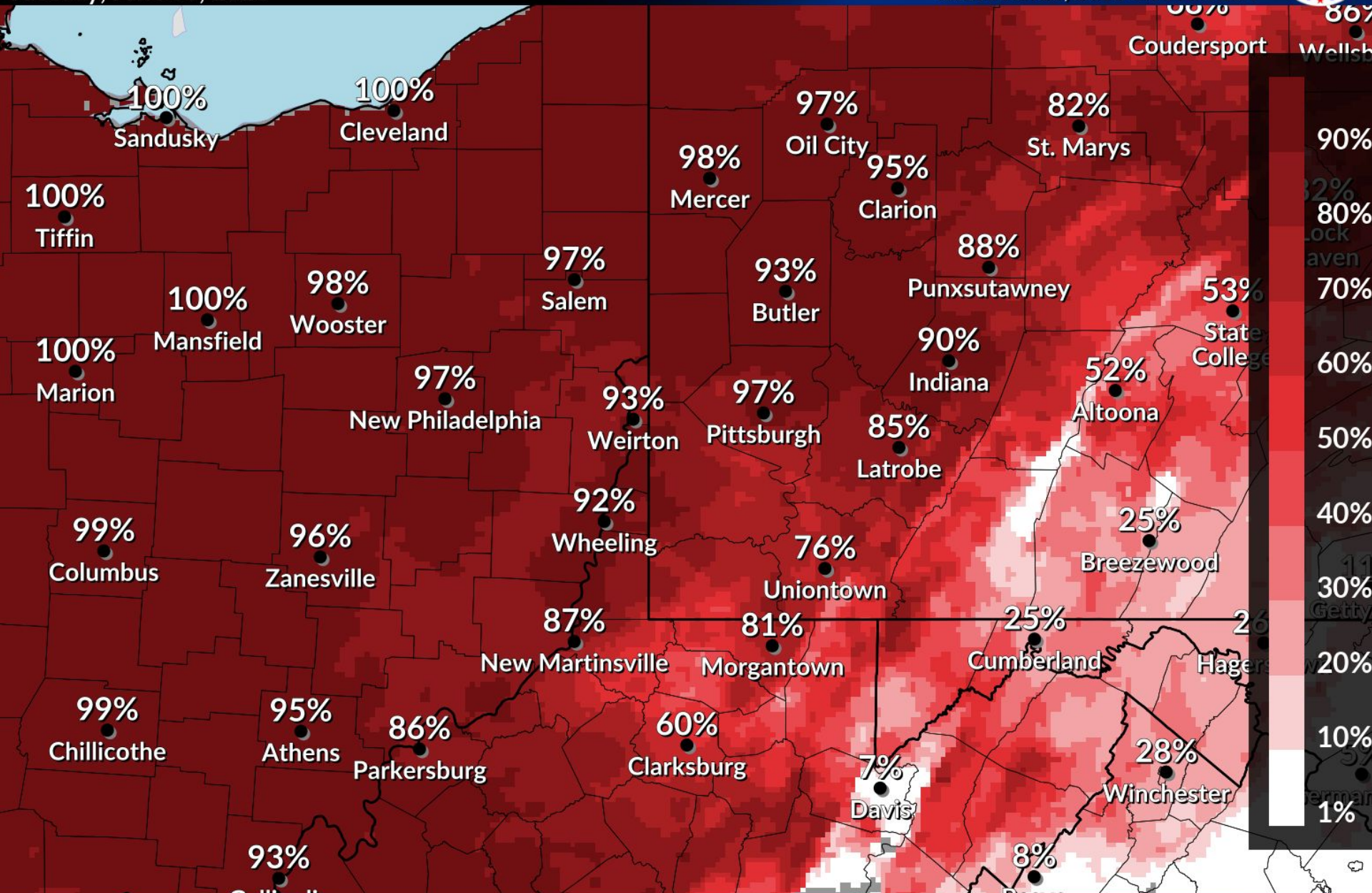
June 29, 2026
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Probability for MAJOR or higher Heat Risk Tuesday and Wednesday

Probability of Major or Higher Heat Risk

Tuesday, June 30, 2026

Weather Forecast Office
Pittsburgh, PA
Issued Jun 29, 2026 8:00 AM EDT



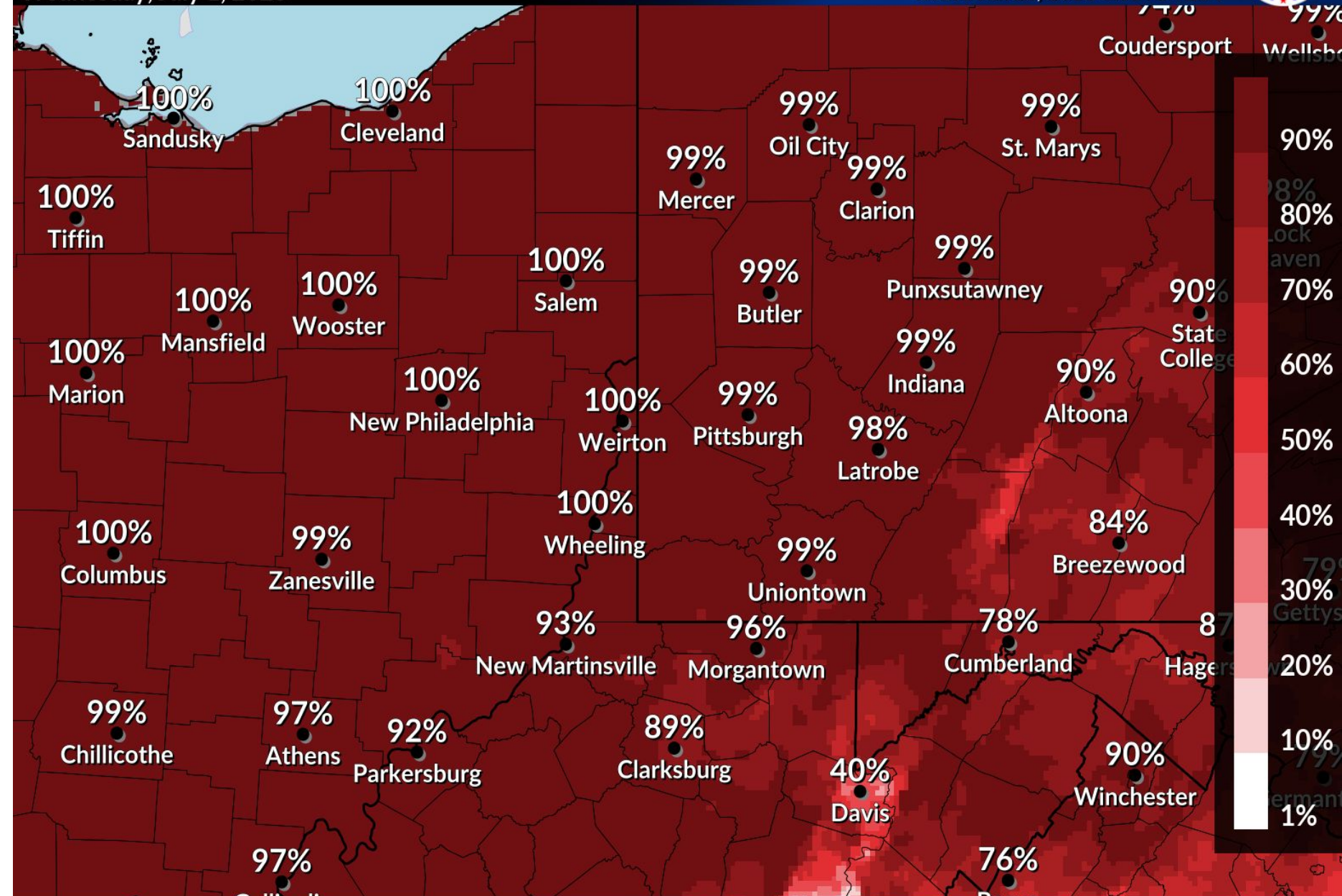
* This is a prototype product

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Probability of Major or Higher Heat Risk

Wednesday, July 1, 2026

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Pittsburgh, PA
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MAJOR Heat Risk

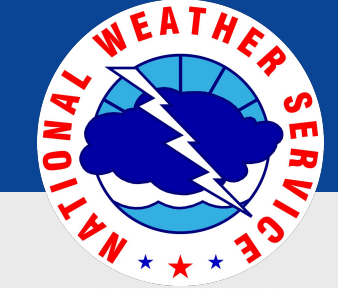
Affects anyone without cooling/hydration as well as health systems and industries.

The daily heat risk compounds day to day with hot daytime temperatures and warm night time temperature offer little relief from the heat.



National Oceanic and Atmospheric Administration
U.S. Department of Commerce

National Weather Service
Pittsburgh, PA



Dangerous Heat This Week

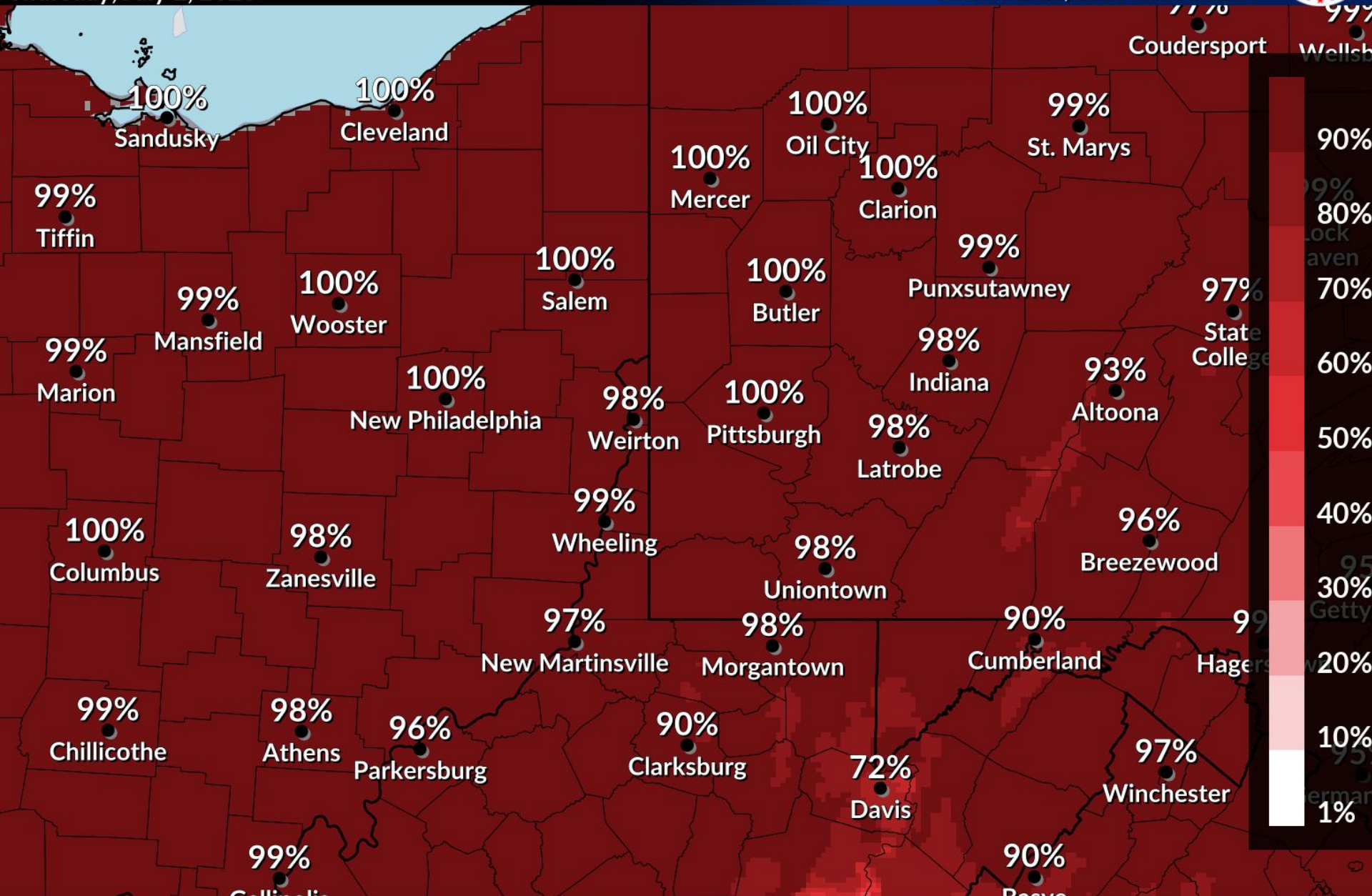
June 29, 2026
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Probability for MAJOR or higher Heat Risk Thursday and Friday

Probability of Major or Higher Heat Risk

Thursday, July 2, 2026

Weather Forecast Office
Pittsburgh, PA
Issued Jun 29, 2026 8:00 AM EDT



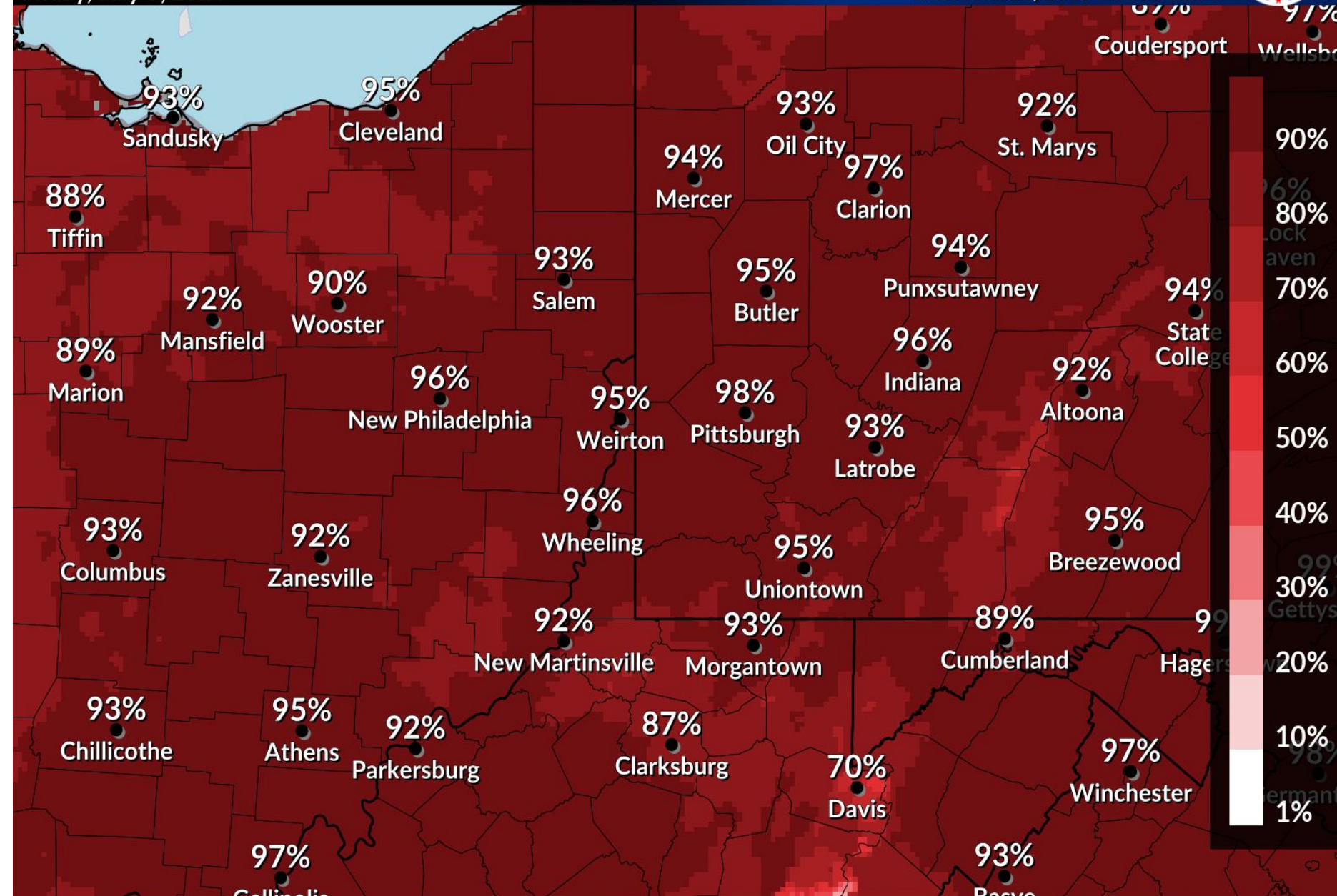
* This is a prototype product

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Probability of Major or Higher Heat Risk

Friday, July 3, 2026

Weather Forecast Office
Pittsburgh, PA
Issued Jun 29, 2026 8:00 AM EDT



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MAJOR Heat Risk

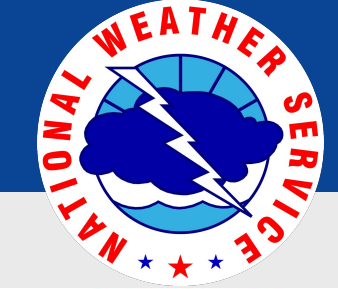
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Extreme Heat Planning Timeline

Pre-Season

Start planning before hot weather arrives.

- ✓ Build an emergency kit
- ✓ Make a plan for power outages
- ✓ Become trained in first aid for heat-related emergencies
- ✓ Check that your A/C and fans are in working order

A Few Days Out

If the forecast calls for extreme heat, be ready.

- ✓ Gather food, water, and medication
- ✓ Make a list of friends and family to check on & help them prepare
- ✓ Know your local cooling shelters or other cool locations
- ✓ Reschedule outdoor events

During and After

Remain vigilant and stay informed.

- ✓ Stay in air conditioning and out of the sun if possible
- ✓ Check on friends, family, neighbors, and pets
- ✓ Drink plenty of water
- ✓ Take breaks and use a buddy system if working outdoors

weather.gov





Contact and Next Briefing Information

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4:26 PM

For Western Pennsylvania, Eastern Ohio, and Northern West Virginia

Contact Information

Web

→ weather.gov/pittsburgh

Facebook

→ facebook.com/NWSPittsburgh

X

→ [@NWSPittsburgh](https://twitter.com/NWSPittsburgh)

Next Briefing

- By 5PM Tuesday June 30th, 2026
- Method: Email

Disclaimer

- Information contained in this briefing is time-sensitive
- Do Not Use After: 5PM Tuesday June 30th, 2026