



Dangerous Heat and Humidity Sat-Mon

June 20, 2025
5:39 AM

Key Messages:

- Oppressive heat and humidity will impact the area this weekend into early next week.
 - Especially Saturday through Monday
- Afternoon temperatures in the 90s coupled with high humidity will lead to heat indices of 100-105°+ each day.
- Nighttime temperatures in the middle and upper 70s will provide limited relief from the heat.

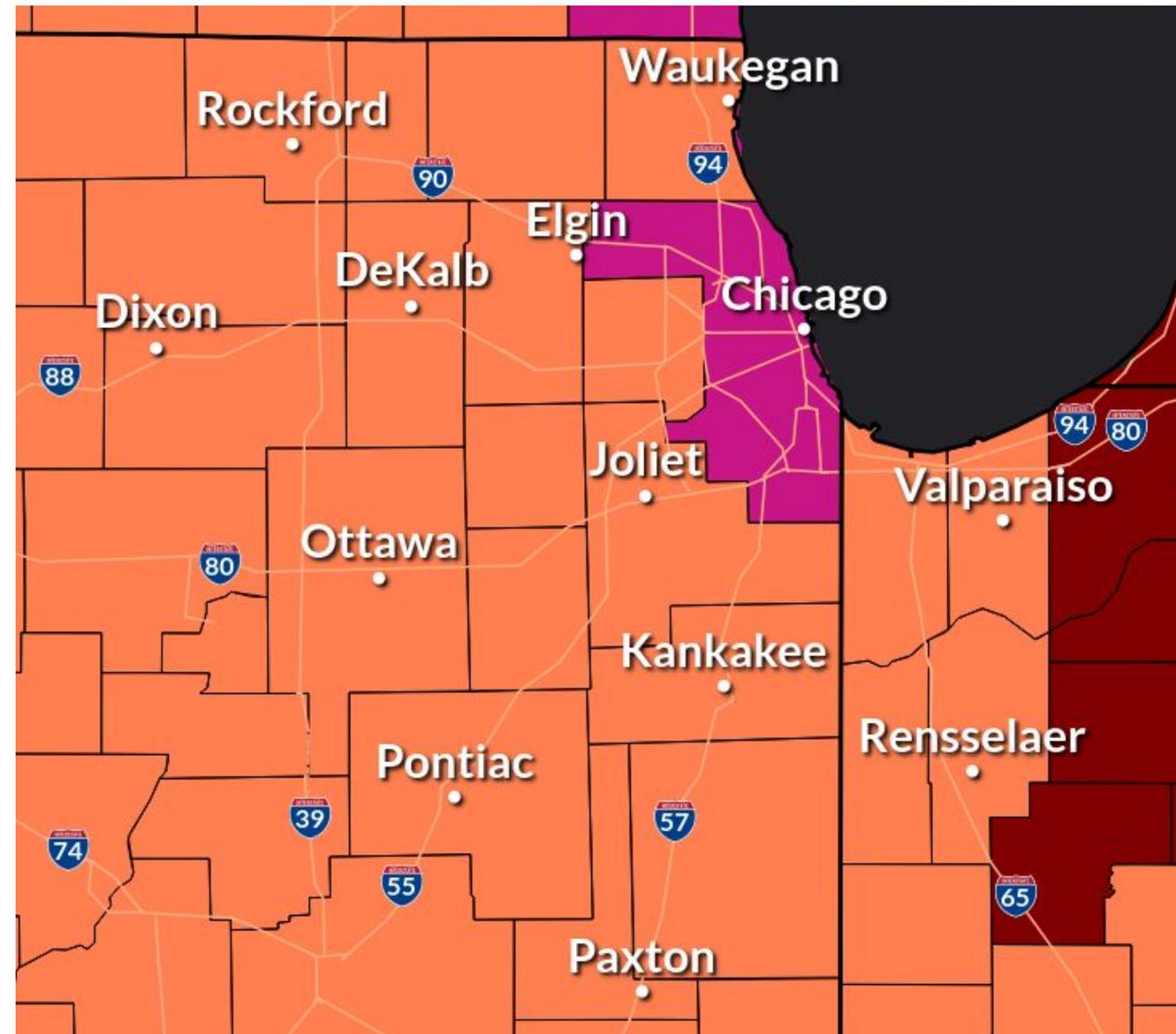
NEW

What Has Changed:

- An **Extreme Heat Warning** has been issued for Cook County in effect from Saturday through Monday.
- A **Heat Advisory** has been issued for the remainder of the area also in effect from Saturday through Monday.

Next Scheduled Update:

- By 4:00 PM CDT this afternoon 6/20/2025



Extreme Heat Warning

Extreme Heat Watch

Heat Advisory





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First Heat Wave of the Summer Arrives This Weekend!

What To Expect



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



Saturday through Monday
May continue into Tuesday.



Areawide
Warmest overnight lows in Chicago (upper 70s/near 80)

What To Do



Stay Hydrated
Drink before you are thirsty



Wear Light Clothing
lightweight and light colored



Stay in Air Conditioning
during the day



Consider Avoiding Outdoor Activities during the warmest part of the day

Peak Forecast Heat Index (°F) SAT-MON

	6/21 Sat						6/22 Sun						6/23 Mon								
	6am	9am	12pm	3pm	6pm	9pm	12am	3am	6am	9am	12pm	3pm	6pm	9pm	12am	3am	6am	9am	12pm	3pm	6pm
Aurora	79	98	106	107	105	94	87	78	84	99	105	105	104	93	83	76	83	100	103	104	103
Chicago-Downtown	79	94	99	101	99	92	88	83	85	93	98	99	98	91	87	79	85	94	97	99	98
Chicago-O'Hare	79	96	103	103	101	95	89	85	86	97	103	104	102	94	88	83	86	97	101	102	100
DeKalb	78	95	103	105	101	92	85	78	79	96	102	103	101	91	83	76	79	95	99	100	99
Dixon	84	98	105	106	103	93	86	78	79	96	103	105	101	91	84	77	79	96	99	102	99
Gary	78	92	100	101	99	92	87	79	84	95	99	100	98	91	83	77	83	95	99	99	98
Joliet	78	98	105	106	102	94	87	79	86	99	103	105	102	91	83	77	84	101	104	105	102
Kankakee	79	98	105	103	102	91	85	78	84	98	102	104	100	89	79	77	84	99	101	103	100
Ottawa	83	97	103	106	103	94	86	78	79	95	101	103	101	91	84	77	79	95	99	102	100
Pontiac	84	100	106	107	106	94	86	78	84	101	102	105	103	91	83	77	84	99	102	104	102
Rensselaer	78	94	100	102	99	91	85	78	84	97	100	100	98	90	83	76	84	97	99	100	98
Rochelle	79	96	103	105	100	91	86	79	79	95	101	102	100	90	83	77	83	96	99	100	99
Rockford	79	94	103	106	102	94	88	79	79	94	100	103	102	91	85	78	83	94	99	100	99
Valparaiso	78	93	101	102	99	90	85	78	79	97	100	101	99	90	83	76	84	97	99	100	98
Waukegan	77	92	100	102	99	90	85	79	79	91	99	100	98	89	83	77	79	92	96	99	96



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

For more info visit: www.wpc.ncep.noaa.gov/heatrisk/

National Weather Service
Chicago, IL



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Timeline of Upcoming Heat Wave

**Oppressively hot and humid!
Afternoon heat indices >100°F**



Overnight lows in the mid to upper 70s
 Humidity levels will not improve during the nighttime hours
 Heat index values remain >90°F through mid-late evening

**This will be the most uncomfortable air of the season so far.
 Now is the time to prepare!**





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Extreme Heat Warning for Chicago and all of Cook County

Little Heat Reprieve Expected at Night, Especially In Chicago & Just Outside the City

- Urban settings are often several degrees warmer than rural areas at night due to the urban heat island effect
- During a heat wave, when overnight lows are already unusually warm, even warmer urban temps can further limit the ability to cool down & recover before next day
 - Especially in buildings with no AC
- Check on vulnerable friends, family, and neighbors
- Chicago residents: **Call 3 1 1** to locate a cooling center near you

What To Do

- ✓ Stay tuned for forecast updates
- ✓ Plan and prepare ahead of the arrival of the heat





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Four Day Forecast

Today



Mid AM - early PM showers

H: **82-86°**

Sat



Sun



Mon



Peak Afternoon Heat indices >100°F!

H: **91-95°**

H: **93-97°**

H: **94-98°**



L: **71-75°**



L: **74-79°**



L: **74-79°**



Photo: Julio Guerrero





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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](#)

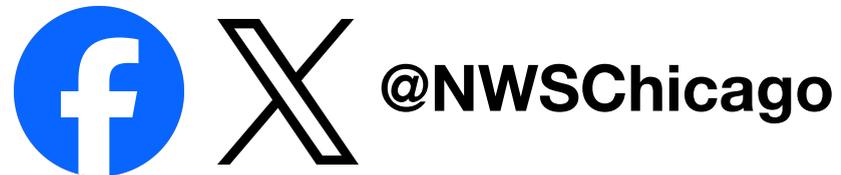
Heat safety tips and resources

[Event-Ready Webpage](#)

For planning and monitoring weather events

[Severe Weather Preparedness](#)

Severe weather information and resources



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

Visit weather.gov/chicago for more details for your location.

National Weather Service
Chicago, IL