



Hazardous Heat Wednesday - Friday

June 30, 2026

3:56 AM

Strong to severe thunderstorms are also possible

OVERVIEW:

- Warming trend continues this week, with hazardous heat likely arriving Wednesday and continuing through at least Friday.
- Multiple rounds of showers and storms possible this afternoon through Friday, some of which may be strong to severe.

TIMING

- Worst of the heat will be Wednesday through Friday, peaking on Thursday. Heat may continue into Saturday.
- Multiple rounds of strong to severe storms possible today through Friday, especially during the afternoon and evenings.

HAZARDS & IMPACTS

- Heat related illnesses increase significantly during extreme heat and high humidity events. An [Extreme Heat Watch](#) remains in effect for portions of the region. Heat Indices (feels like temps) around 105-110° are likely.
- Overnight low temps in the 70s, resulting in accumulated heat stress.
- Storms may be capable of producing locally damaging winds, which could pose a power outage threat and increase potential heat related impacts.

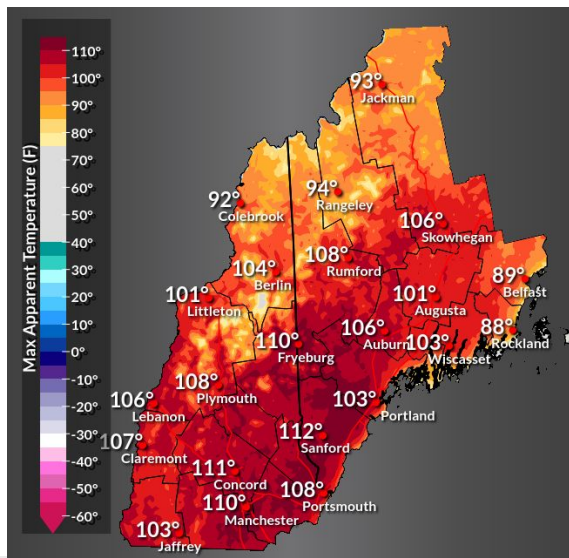
ADDITIONAL INFORMATION

- Heat Advisories will likely be needed in many areas not covered by the watch.
- [EM Briefing Page](#) | [Heat Safety Tips](#) | [SPC Convective Outlooks](#)

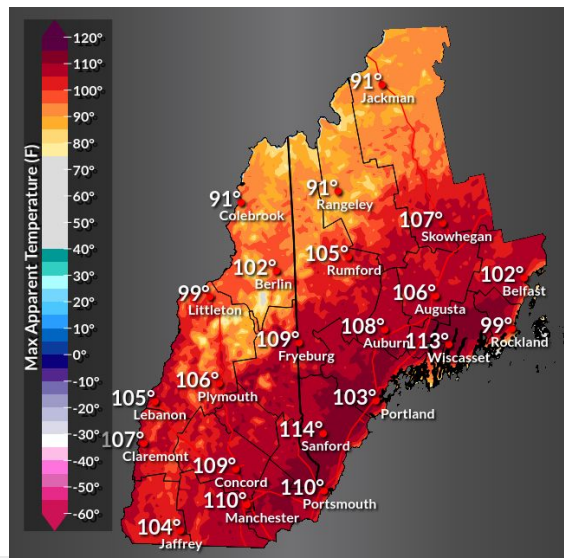
NEXT BRIEFING

- By 5 PM this afternoon.

Max Heat Indices Wednesday



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National Oceanic and
Atmospheric Administration

U.S. Department of Commerce

National Weather Service
Gray-Portland, ME