

Impactful Heat Through Wednesday

June 23, 2025
4:45 AM

Heat and humidity may persist into Thursday

Key Messages

- Heat Advisory remains in effect through this evening for an **increased risk of heat illnesses**
- Chance for thunderstorms this evening may bring some relief to the heat. Areas that remain rain free will see another muggy night with lows in the 70s.
- Heat and humidity forecast to persist through at least Wednesday but possibly into Thursday. Heat headline extensions may be needed for Tuesday.
- Periodic storm chances Tuesday through Thursday with the best chances along/north of I-80.

NEW

What Has Changed

- Little changes with the heat/humidity

Actions

Find air conditioning.

Avoid strenuous activities.

Wear light clothing.

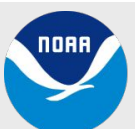
Check on family members and neighbors.

Drink plenty of water.

Watch for heat cramps - exhaustion - stroke.

Never leave people or pets in a closed car.

Next Scheduled Update: By 4 PM Monday



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

National Weather Service
Quad Cities, IA/IL



Forecast Heat Index

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Peak Values of 100° to 105° in the afternoons

Maximum Heat Index Forecast (°F)

	6/23 Mon		6/24 Tue				6/25 Wed			
	12pm	6pm	12am	6am	12pm	6pm	12am	6am	12pm	6pm
Burlington	102	100	77	92	99	96	77	91	99	96
Cedar Rapids	102	96	75	78	89	86	74	79	93	94
Clinton	103	100	76	88	94	88	74	84	94	93
Dubuque	103	95	76	78	86	84	74	77	89	89
Fairfield	102	101	74	88	96	94	74	91	97	97
Freeport	100	98	77	87	93	87	70	77	91	90
Independence	99	84	71	77	83	83	71	77	90	90
Iowa City	104	99	75	86	92	92	75	86	96	97
Macomb	100	99	78	94	99	98	77	94	99	98
Memphis	101	99	75	91	96	94	73	93	99	96
Moline	104	99	79	89	97	92	75	89	96	95
Princeton	100	99	78	94	100	96	74	88	92	91
Sterling	103	99	78	90	96	90	73	85	95	94

Heat can escalate quickly.

Warm temperatures can quickly become dangerous. Heat is one of the most deadly weather hazards — don't underestimate it.



NEVER leave people or pets alone in a closed car



Drink plenty of water, even if you don't feel thirsty



Wear loose-fitting, light-colored clothing



Spend time in air conditioning and in the shade



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Classification	Heat Index	Effect on the body
Caution	80°F - 90°F	Fatigue possible with prolonged exposure and/or physical activity
Extreme Caution	90°F - 103°F	Heat stroke, heat cramps, or heat exhaustion possible with prolonged exposure and/or physical activity
Danger	103°F - 124°F	Heat cramps or heat exhaustion likely, and heat stroke possible with prolonged exposure and/or physical activity
Extreme Danger	125°F or higher	Heat stroke highly likely





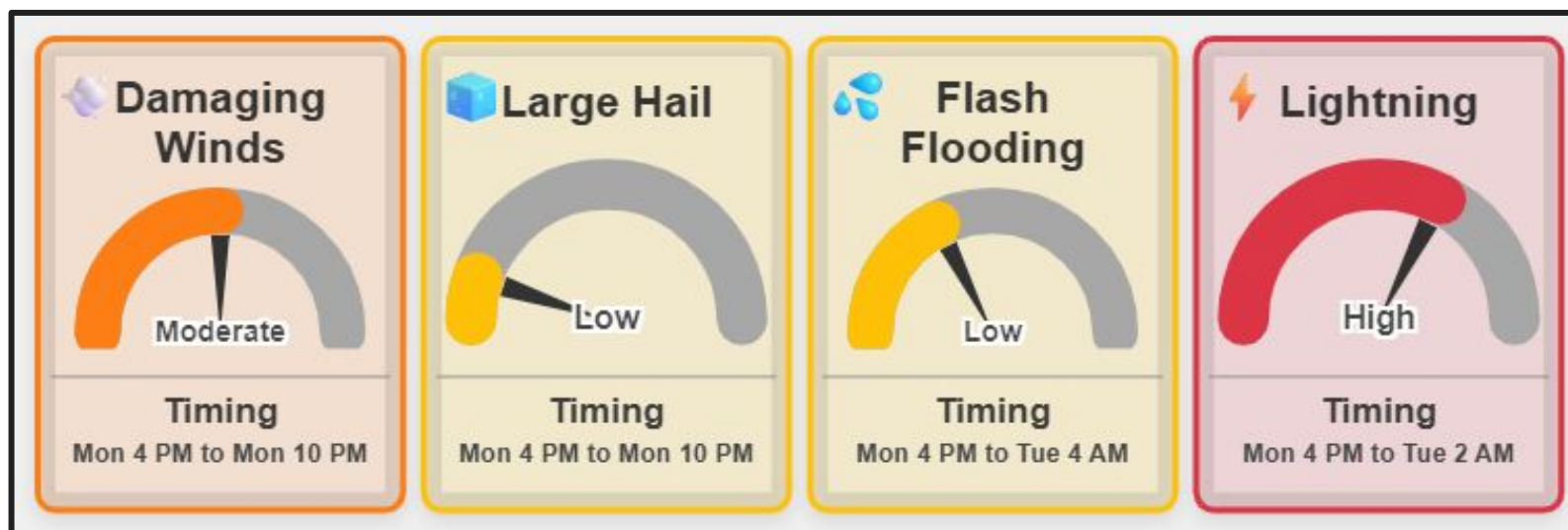
Thunderstorms Likely This Evening

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Level 1 & 2 Risk Of Severe Storms

Key Messages

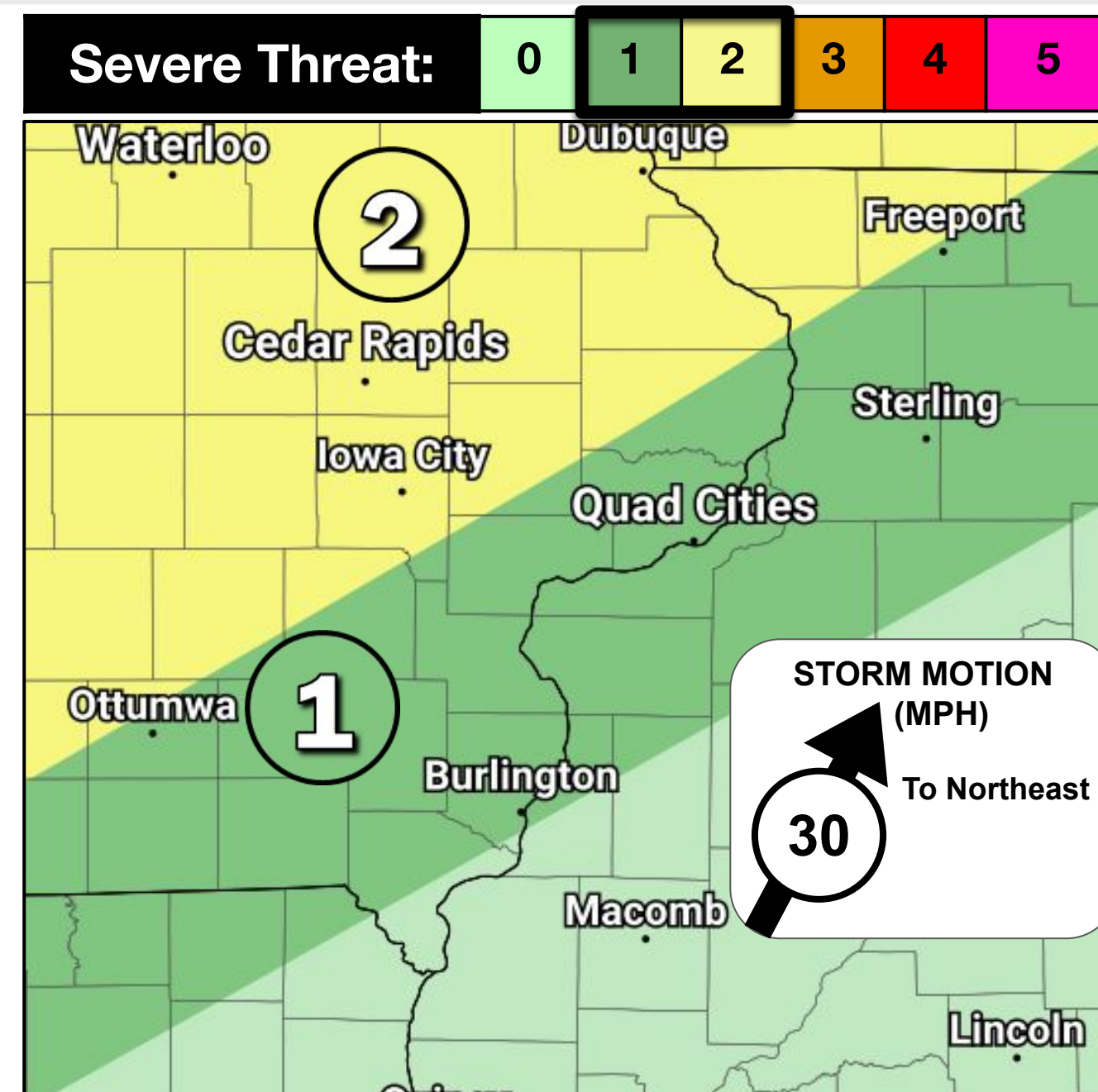
- Thunderstorms are likely late this afternoon and evening, especially north of I-80. Highest coverage of storms is anticipated between 4 PM and 10 PM.
- A few storms could become severe. Damaging winds is the primary threat.



Actions



Outdoor Plans? Stay Weather Aware
Have Multiple Ways to Receive Warnings



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Atmospheric Administration
U.S. Department of Commerce

National Weather Service
Quad Cities, IA/IL



Heat Safety Resources

And many more at weather.gov/heat

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For Additional Information

- [NWS Heat Safety Webpage](#)
- [Spanish Outreach Materials for Heat](#)
- [NWS Quad Cities Webpage](#)
- [Headline Definitions from NWS Quad Cities](#)
- [Specific Point Forecasts](#) ([alternative display](#))

Heat Impacts: Vulnerable Populations

**PREGNANT**

**NEWBORNS**

**CHILDREN**

**ELDERLY**

**CHRONIC ILLNESS**

Everyone is at risk from the dangers of extreme heat, but these groups are more vulnerable than most. Age and certain conditions make the body less able to regulate temperature.

 NEVER leave anyone alone in a closed car

 Use air conditioners and stay in the shade

 Drink plenty of water, even if not thirsty

 Wear loose-fitting, light-colored clothing

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Heat Exhaustion

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



Heat Stroke

ACT FAST

CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Confusion

Dizziness

Becomes Unconscious

Heat stroke can cause death or permanent disability if emergency treatment is not given.



Stay Cool, Stay Hydrated, Stay Informed!



