

Dangerous Heat and Humidity Continues

July 28, 2025
4:01 AM

There is a risk for storms again late tonight through Tuesday

Key Messages

- Dangerous heat is expected through this evening, with forecast peak **heat indices between 95 - 110°+** during the afternoon and early evening hours.
- Additional heat headlines may be needed for parts of the area Tuesday. However, uncertainty remains as storms Monday night may impact temperatures Tuesday.
- Scattered storms are possible again late tonight into Tuesday morning, which may impact peak heat indices.

NEW

What Has Changed

- **Extreme Heat Warning** has been expanded to include much of the I-80 corridor.

Next Scheduled Update

- 4 PM Monday, if needed.

Heat Safety Reminders



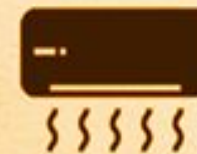
NEVER leave people or pets alone in a closed car



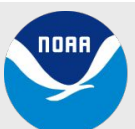
Drink plenty of water, even if you don't feel thirsty



Wear loose-fitting, light-colored clothing

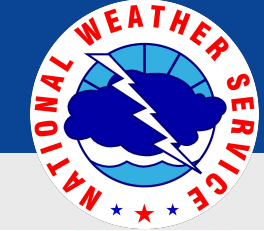


Spend time in air conditioning and in the shade



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Scattered Storms Possible This Afternoon Through Tuesday

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Marginal Severe Risk (level 1 out of 5) through Tuesday

Key Messages

- Another storm complex may impact the area late tonight into Tuesday morning.
- **Approximate Timing late tonight into Tuesday AM:**
*A line of storms may impact the area between **12 - 6 AM CDT.***
- Boundaries left over from the nocturnal storms could be the focus for new storm development this afternoon and again on Tuesday afternoon.

Primary Hazards

**Soaking Downpours**
*May cause ponding on roads,
rises on creeks and streams*

**Strong Winds**
May down trees

Actions

- Have multiple ways to receive warnings, especially if you will be asleep!

Severe Threat:

0

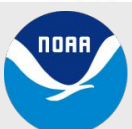
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Hot and Humid Through Tuesday

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DETAILS



Forecast Peak Heat Indices 95 - 110°+

Heat-related illnesses may occur for those sensitive to heat



Today Through Tuesday (7/28 - 7/29)

Hottest conditions expected Monday and Tuesday



Area-wide



Occasional rounds of storms may impact max temperatures and peak heat indices!

Be Thinking Heat Safety

HEAT DANGER BEYOND HEATWAVES



Most heat-related deaths occur outside of heat waves. Stay Weather-Ready!



Avoid overexertion and stay hydrated.

Heat stroke can occur even during moderate heat.



NEVER leave people or pets in a vehicle.

Hot car deaths occur year-round.



Assist those who are at higher risk

for heat-related illness, including children, pregnant people, and older adults.

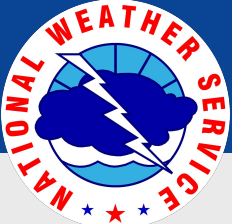


weather.gov



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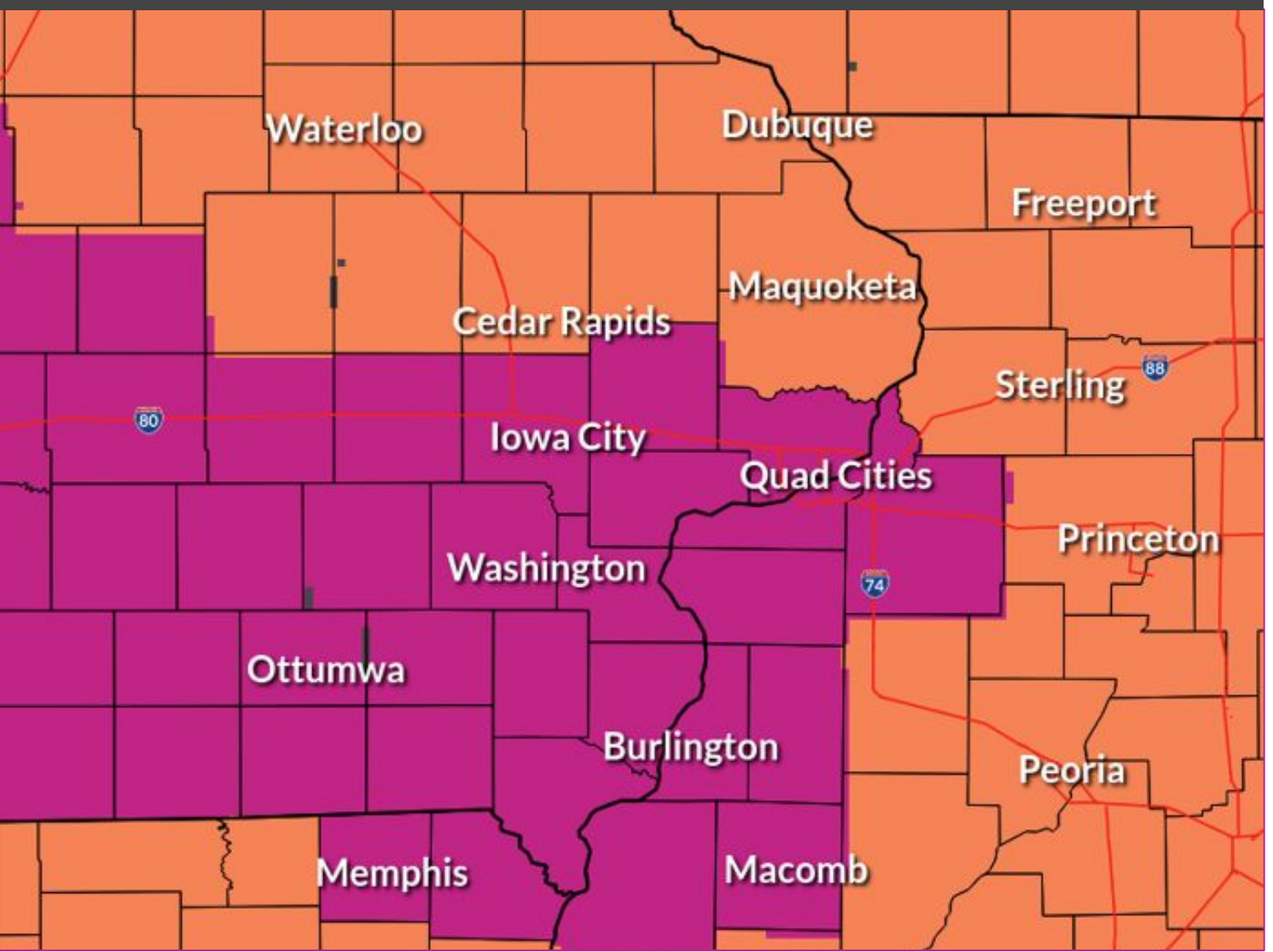
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Dangerous Heat Today

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Heat Headlines



Extreme Heat Warning

Heat Advisory

Forecast Peak Heat Indices

	Mon										
	11 am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
Burlington	95	101	103	108	109	111	113	111	109	103	96
Cedar Rapids	93	96	100	103	105	106	106	106	105	100	94
Clinton	95	101	103	106	108	109	109	108	105	100	93
Dubuque	91	96	99	100	101	101	103	102	99	97	91
Fairfield	95	101	103	108	111	111	113	111	109	106	97
Freeport	92	97	100	105	105	105	106	103	100	97	90
Independence	91	94	98	100	102	103	103	103	100	98	90
Iowa City	94	97	100	105	108	109	108	108	106	103	96
Macomb	98	103	105	108	111	111	111	113	110	106	97
Memphis	98	103	105	108	111	111	113	111	109	106	97
Moline	95	100	102	105	106	107	109	106	105	101	95
Princeton	96	100	103	105	106	107	106	106	103	100	94
Sterling	97	103	106	108	109	111	111	111	106	101	94





Severe Weather Reminders

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Be Weather Aware!

6 WAYS to receive a warning



NOAA Weather Radio



Local TV and Radio



Wireless Emergency Alerts
& Weather Apps



Outdoor Sirens



Internet Sites

mobile.weather.gov



From Your Friends,
Family and Coworkers



weather.gov

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

[Lightning Safety](#) | [Severe Weather Safety](#)
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