

Dangerous Heat this Week

July 21, 2025

4:28 AM

Overview

Key Messages

- Heat and humidity will increase Tuesday through Thursday with peak heat indices of 95 to 105+
- Extreme Heat Watch has been issued from Noon Tuesday to Thursday evening
- The hottest days are expected on Tuesday through Thursday.
- Thunderstorms are possible on Thursday and may impact forecast high temperatures and heat indices.

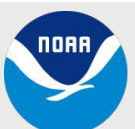
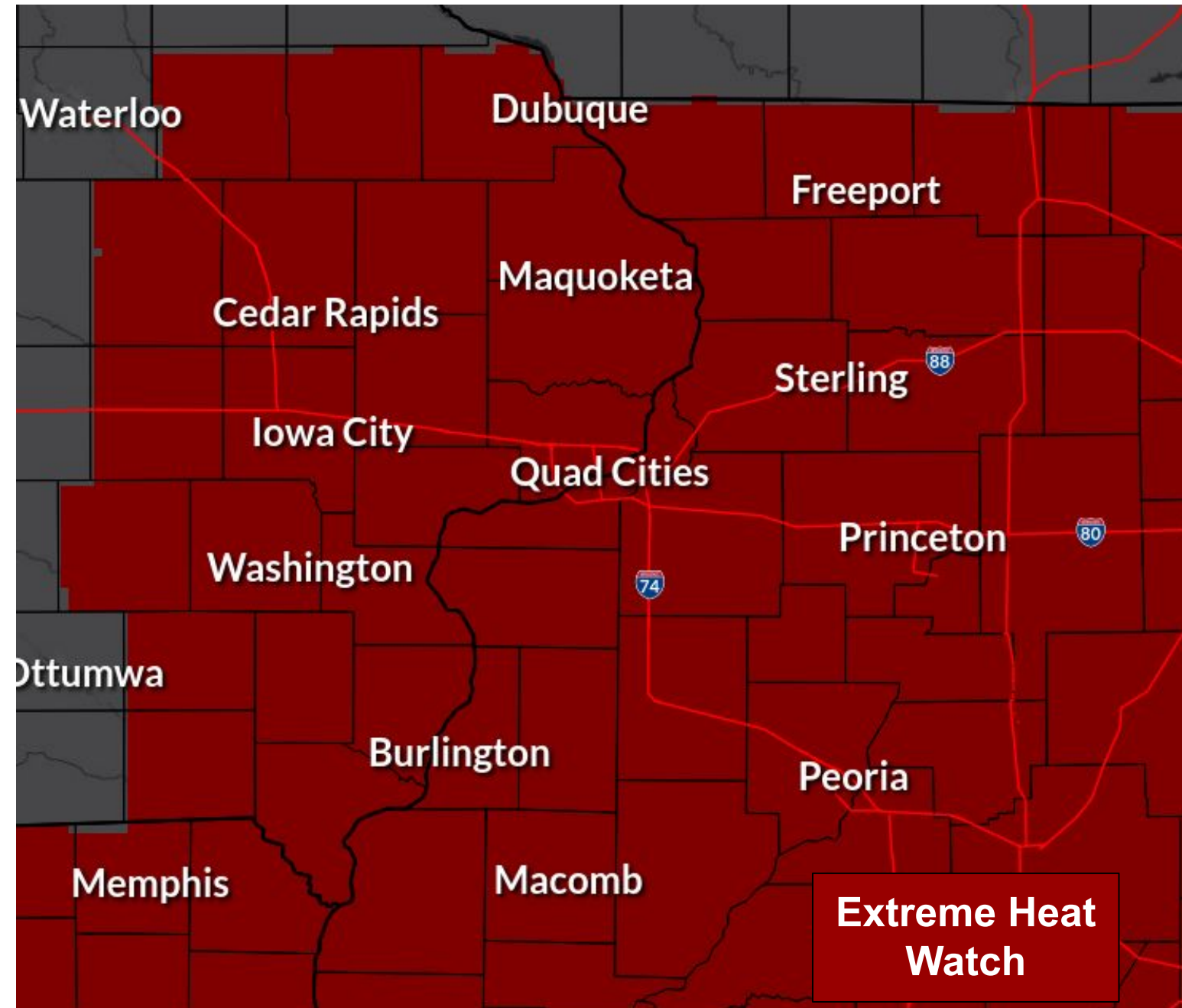
NEW

What Has Changed

- First issuance

Next Scheduled Update

- By 4 PM CDT



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

National Weather Service
Quad Cities, IA/IL



Forecast Heat Indices

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Key Messages



Hottest temperatures for most are forecast on Tuesday through Thursday



Areawide



Thunderstorms are possible on Thursday and may impact forecast temperatures and heat indices

Actions

- Hydrate and limit outdoor activities
- Check on kids, elderly and those with heat sensitivities

	Heat Index Forecast (°F)															
	7/22 Tue				7/23 Wed								7/24 Thu			
	12pm	3pm	6pm	9pm	12am	3am	6am	9am	12pm	3pm	6pm	9pm	12am	3am	6am	9am
Burlington	97	106	103	95	87	77	76	89	99	103	102	90	79	77	74	86
Cedar Rapids	92	100	100	90	78	77	75	85	98	103	102	90	78	75	73	84
Clinton	89	97	99	87	77	75	75	89	102	107	103	89	78	75	74	86
Davenport	90	100	99	90	79	78	76	89	100	103	101	92	79	76	75	86
Dubuque	86	94	95	89	85	78	76	87	98	102	101	92	79	76	75	84
Fairfield	99	109	108	94	78	77	75	87	100	105	102	90	77	74	73	86
Freeport	86	95	94	79	76	74	74	87	100	106	102	89	78	75	74	85
Independence	89	97	99	87	77	76	74	85	96	101	100	89	77	75	73	78
Iowa City	95	103	103	94	86	77	75	87	100	106	102	90	78	75	74	84
Macomb	98	105	103	90	77	76	75	89	100	106	105	92	78	75	74	87
Maquoketa	87	95	95	86	77	75	75	86	98	99	98	87	77	74	73	83
Memphis	101	109	108	92	78	75	73	88	101	103	102	89	77	74	73	86
Moline	92	102	100	90	78	77	76	89	102	105	103	93	79	77	76	86
Princeton	87	94	93	79	75	74	74	86	98	103	101	90	77	74	74	86
Sterling	89	99	97	86	76	74	74	88	106	110	105	92	77	74	74	87





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 Exhaustion	Heat Stroke
ACT FAST • Move to a cooler area • Loosen clothing • Sip cool water • Seek medical help if symptoms don't improve	ACT FAST CALL 911 • Move person to a cooler area • Loosen clothing and remove extra layers • Cool with water or ice
Dizziness Thirst Heavy Sweating Nausea Weakness	Confusion Dizziness Becomes Unconscious
	
<i>Heat exhaustion can lead to heat stroke.</i>	
<i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i>	
Stay Cool, Stay Hydrated, Stay Informed!	

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

 Drink plenty of water, even if not thirsty

 Use air conditioners and stay in the shade

 Wear loose-fitting, light-colored clothing

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