

Dangerous Heat Continues This Week

June 29, 2026
3:30 AM

Several Consecutive Days With Heat Indices 100°+ Likely

Key Messages

- Dangerous heat continues through much of the week
 - **Afternoon heat indices of 100-110° are likely, with little to no relief during the overnight hours each day with nighttime lows in the mid to upper 70s!**
- Heat could persist through the 4th of July weekend, but some uncertainty exists due to increasing storm potential and cloud cover

NEW What Has Changed

- Extreme Heat Warning has been extended in time, now in effect through 10 PM Wednesday area-wide (further extension is likely)

Staying Safe in the Heat

- ☀ Limit outdoor activities
- ☀ Drink plenty of water
- ☀ Wear light clothing
- ☀ Wear sunscreen
- ☀ Work outdoors early or very late in the day

 
weather.gov/heat

Next Scheduled Update

- By 4 PM Monday, if needed



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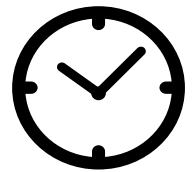
Extreme Heat Warning continues for all of eastern IA, northwest IL, and northeast MO

Key Messages



Forecast Heat Indices of 100-110°

Heat-related illnesses increase significantly in these conditions!



South of I-80: Through Much of this Week

Rest of the Area: This Afternoon Through Much of this Week



Uncertainty

Increasing storm potential and cloud cover may interrupt the extreme heat closer to the holiday weekend

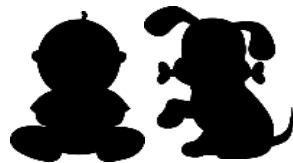
Actions



STAY COOL-SEEK INDOOR SHELTER



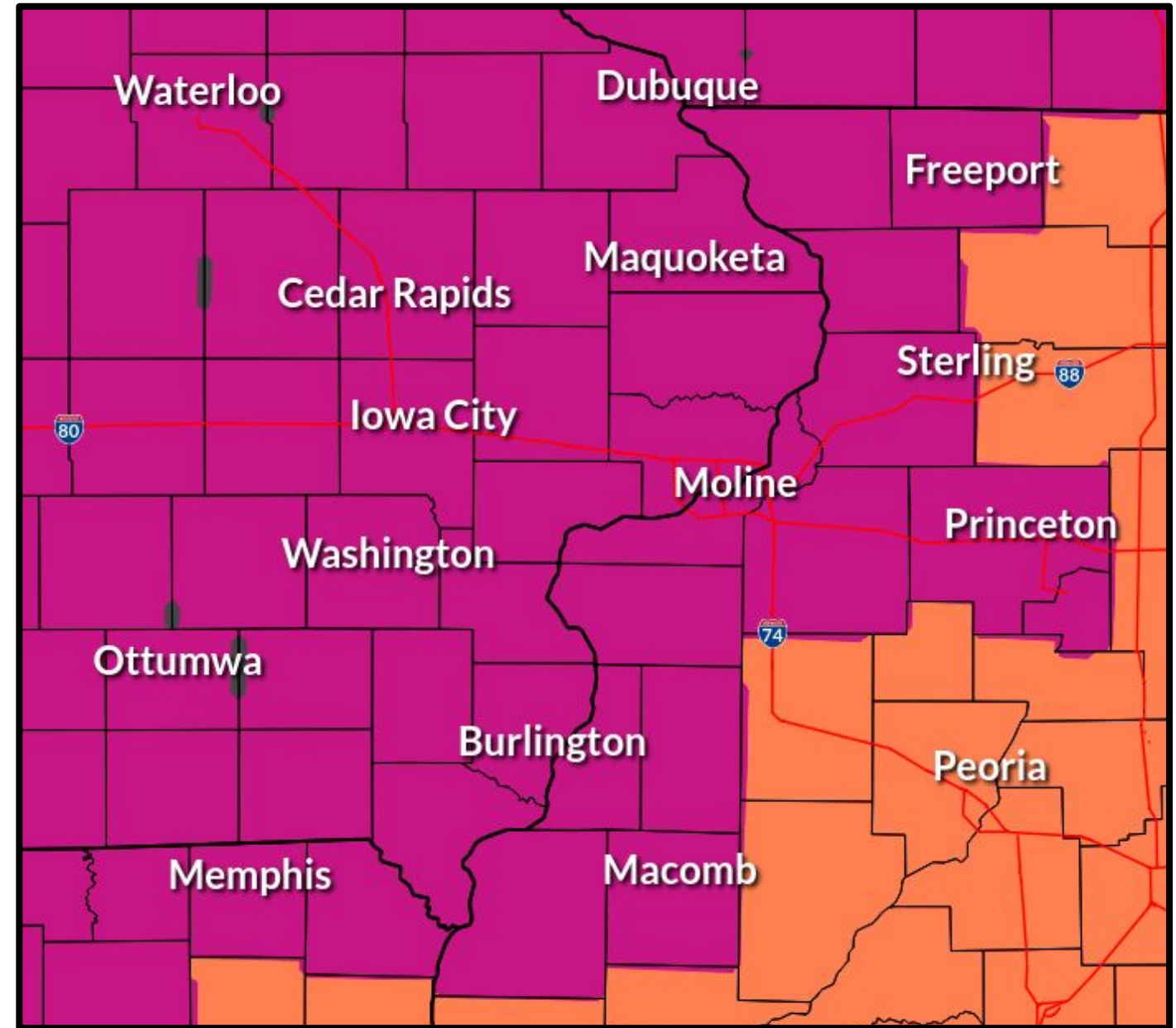
WORKING OUTDOORS? TAKE FREQUENT BREAKS!



NEVER LEAVE A CHILD OR PET ALONE IN A CAR!



STAY HYDRATED-DRINK PLENTY OF WATER!



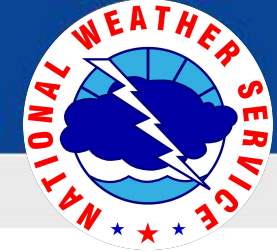
Extreme Heat Warning

Heat Advisory



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

National Weather Service
Quad Cities, IA/IL



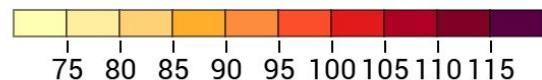
Forecast Maximum Heat Indices

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Don't see your location? Visit weather.gov/forecastpoints for your local forecast!

Maximum Heat Index (°F) Forecast

	6/29 Mon			6/30 Tue			7/1 Wed			7/2 Thu			7/3 Fri			
	6am	12pm	6pm	12am	6am	12pm	6pm	12am	6am	12pm	6pm	12am	6am	12pm	6pm	12am
Burlington	96	106	106	90	98	106	106	85	94	100	100	86	96	103	103	85
Cedar Rapids	95	107	107	90	95	107	106	85	91	100	101	85	91	101	102	79
Clinton	98	109	107	89	97	109	107	87	96	104	102	86	95	102	103	83
Davenport	98	107	107	90	98	109	109	88	96	104	102	87	96	102	102	86
Dubuque	96	109	107	91	98	109	107	89	94	104	102	87	92	103	103	84
Fairfield	98	107	106	89	97	106	106	85	94	101	99	86	96	105	102	84
Freeport	96	105	105	87	98	105	107	86	95	101	101	86	96	102	103	79
Independence	93	106	105	88	95	105	105	85	91	100	99	83	90	102	101	77
Iowa City	98	107	107	91	98	109	107	88	94	102	102	88	94	105	105	85
Macomb	95	105	103	88	95	107	105	83	93	100	100	85	97	103	102	84
Maquoketa	97	109	107	90	97	109	106	87	95	104	102	86	93	102	102	79
Memphis	95	107	105	90	94	105	102	84	94	100	98	85	97	106	103	84
Moline	99	107	107	90	98	110	110	88	97	104	102	87	97	103	103	86
Princeton	99	105	105	87	97	107	106	85	97	101	100	84	96	100	100	83
Sterling	99	107	106	87	98	109	107	84	98	105	103	86	98	105	105	84



Heat index values in the chart are the maximum value for the 6-hour group (for example, 12 pm to 6pm; 6pm to 12 am, etc.)

Classification	Heat Index/Apparent Temperature	General Affect on People in High Risk Groups
Extremely Hot	≥130°F	Heat/Sunstroke HIGHLY LIKELY with continued exposure
Very Hot	105°F - 129°F	Sunstroke, heat cramps, or heat exhaustion LIKELY, and heatstroke POSSIBLE with prolonged exposure and/or physical activity
Hot	90°F - 104°F	Sunstroke, heat cramps, or heat exhaustion POSSIBLE with prolonged exposure and/or physical activity
Very Warm	80°F - 89°F	Fatigue POSSIBLE with prolonged exposure and/or physical activity

During **Extreme Heat**



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.



[weather.gov/heat](https://www.weather.gov/heat)



Heat Safety Resources

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Find much more at weather.gov/heat

Additional Information

- [NWS Heat Safety Webpage](#)
- [Spanish Outreach Materials for Heat](#)
- [Headline Definitions from NWS Quad Cities](#)

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.

Heat exhaustion can lead to heat stroke.



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

weather.gov



- [Headline Definitions from NWS Quad Cities](#)
- [Specific Point Forecasts \(alternative display\)](#)



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