

Dangerous Heat Continues

July 1, 2026

3:28 AM

Heat Indices of 100°+ Expected Area-wide Today, and Likely for Most Locations Thursday

Key Messages

- Dangerous heat continues through much of the week.
 - **Afternoon heat indices of 100-105° are expected today and Thursday, with little to no relief during the overnight hours with nighttime lows in the mid to upper 70s!**
- Storm potential does look to increase tonight and Thursday through the 4th of July weekend, which could provide some relief from the dangerous heat

NEW

What Has Changed

- No changes to the going heat headlines or severe weather risks for tonight and Thursday
- Confidence in storms for tonight/Thursday has increased

Next Scheduled Update

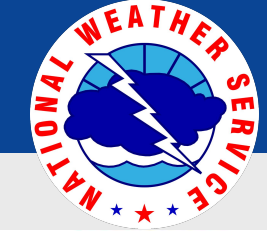
- By 4 PM Wednesday

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





What We Know

- Period of hot and humid conditions continues today area-wide and Thursday for many areas along/south of Hwy 30
- Forecast overnight low temperatures remaining above 75 degrees tonight will offer little relief from the heat
- Storm chances (30-60%) increase Thursday night into the 4th of July weekend

What's More Uncertain

- How long the hot and humid conditions will last, and will it affect the entire area this holiday weekend?
- Location and coverage of storms Thursday onward
- The exact severe and flash flooding risk closer to the weekend

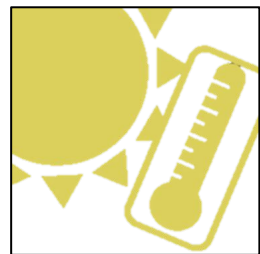


Dangerous Heat Through Thursday

July 1, 2026

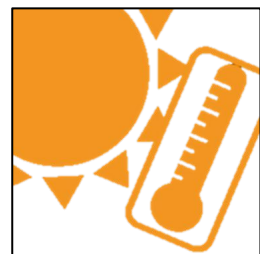
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Extreme Heat Warning continues area-wide today; along/south of Hwy 30 through Thursday



High Temperatures

Low to Mid 90s



Peak Afternoon Heat Index

100 to 105° Each Day

Heat illnesses likely



Uncertainty

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

Actions



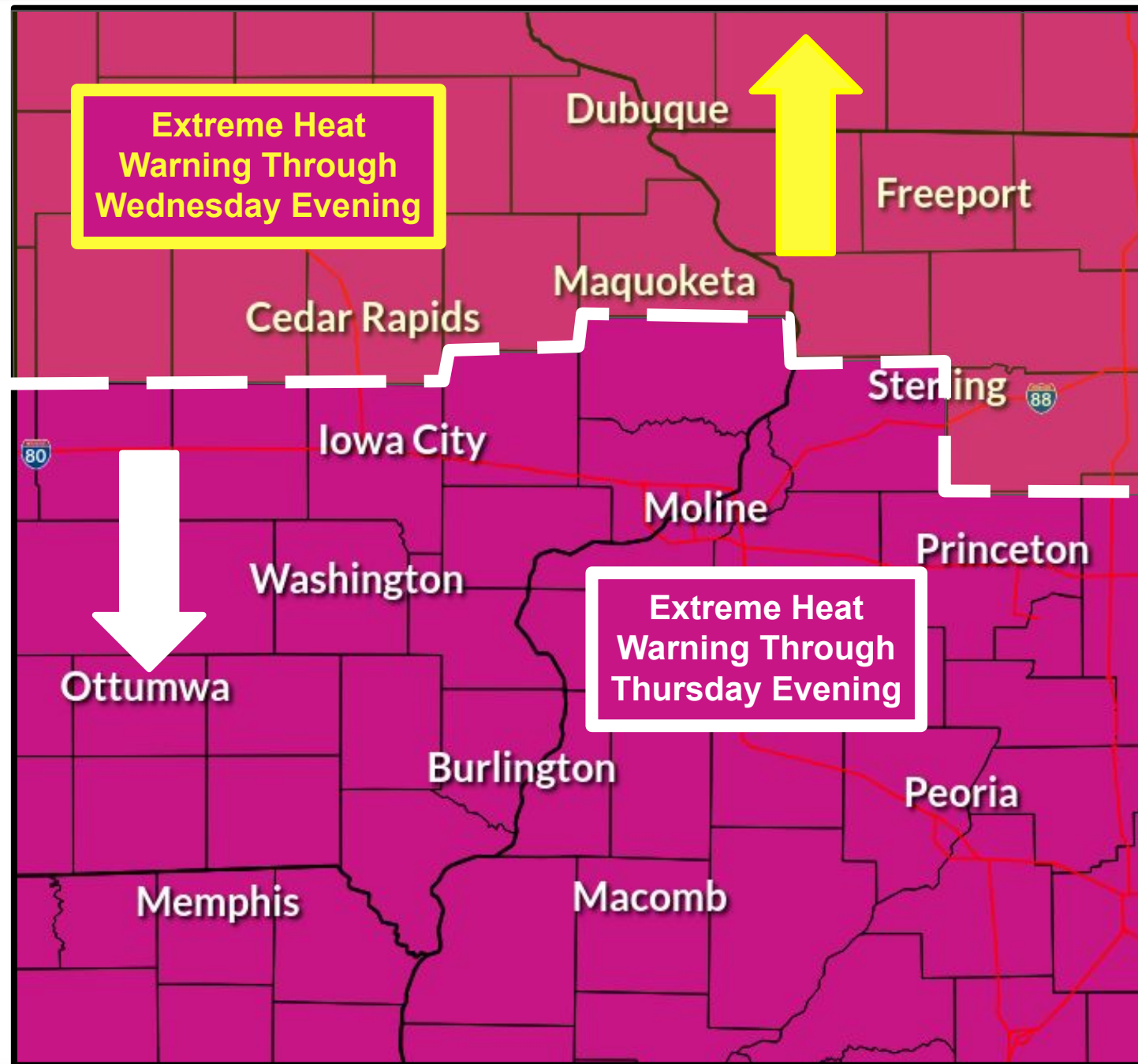
WORKING OUTDOORS? TAKE FREQUENT BREAKS!

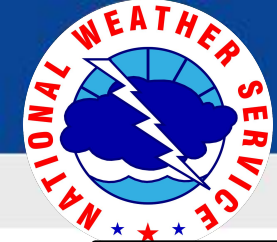


NEVER LEAVE A CHILD OR PET ALONE IN A CAR!



STAY HYDRATED-DRINK PLENTY OF WATER!





Forecast Maximum Heat Indices

July 1, 2026

3:28 AM

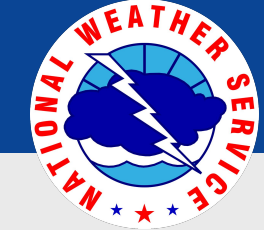
Don't see your location? Visit weather.gov/forecastpoints for your local forecast!

	Maximum Heat Index (°F) Forecast													
	7/1 Wed					7/2 Thu					7/3 Fri			
	9am	12pm	3pm	6pm	9pm	12am	3am	6am	9am	12pm	3pm	6pm	9pm	12am
Burlington	94	97	100	101	92	87	83	85	95	100	101	100	92	79
Cedar Rapids	91	97	101	100	91	86	78	78	92	98	100	98	87	77
Clinton	97	101	103	103	94	86	83	83	94	100	101	100	90	78
Davenport	98	101	102	102	95	88	85	85	96	101	101	101	94	83
Dubuque	93	97	102	101	94	86	79	79	94	98	101	101	93	76
Fairfield	94	99	102	101	92	87	79	85	96	101	102	100	91	79
Freeport	98	101	102	102	94	86	79	84	98	101	101	101	89	77
Independence	90	97	102	102	90	79	75	76	90	98	99	98	84	74
Iowa City	94	101	102	101	94	88	79	79	97	100	102	101	92	79
Macomb	95	98	102	101	93	87	78	84	95	98	101	100	90	79
Maquoketa	95	100	102	102	92	87	79	83	95	100	101	101	90	78
Memphis	94	101	102	99	90	87	79	84	97	101	102	100	90	79
Moline	97	101	103	102	94	88	85	87	98	102	103	103	94	79
Princeton	96	100	100	99	88	85	78	85	97	101	100	100	86	78
Sterling	99	103	105	103	94	87	79	84	98	102	102	101	90	77

Heat index values in the chart are the maximum value for the 3-hour group (for example, 12 pm to 3pm; 3pm to 6pm, 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

Uncertainty on Thursday's heat indices due to storms and clouds, especially north of Hwy 30



Assessing Today's Heat Risk

July 1, 2026
3:28 AM CDT

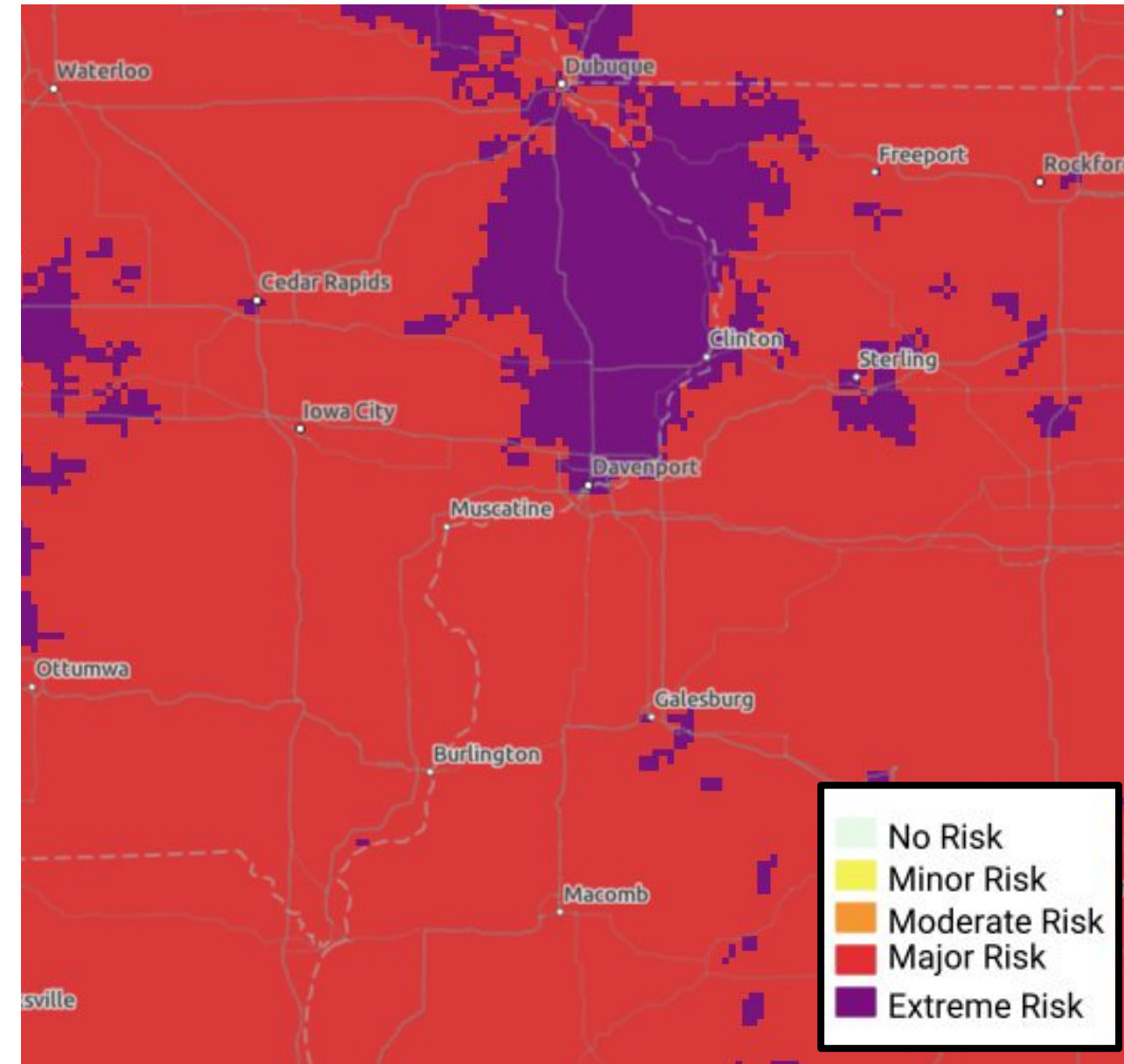
NWS EXPERIMENTAL PRODUCT

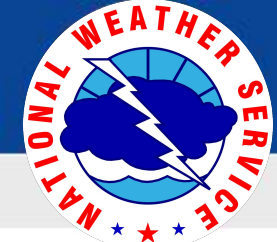
What is Heat Risk?

Heat Risk is an experimental, supplementary product to official NWS heat watches, warnings, and advisories. It provides guidance for decision makers and those who are sensitive to heat. For more information, visit:

<https://www.wpc.ncep.noaa.gov/heatrisk/>

Value	Meaning	Who/What is at Risk?	For those at risk, what actions can be taken?
3	<ul style="list-style-type: none"> Heat of this type represents a major risk to all individuals who are 1) exposed to the sun and active or 2) are in a heat-sensitive group Dangerous to anyone without proper hydration or adequate cooling 	<ul style="list-style-type: none"> Much of the population, especially anyone without effective cooling or hydration Those exposed to the heat/sun at outdoor venues Health systems likely to see increased demand with significant increases in ER visits Most transportation and utilities sectors 	<ul style="list-style-type: none"> Consider canceling outdoor activities during the heat of the day; otherwise move activities to the coolest parts of the day Stay hydrated Stay in a cool place especially during the heat of the day and evening
4	<ul style="list-style-type: none"> This is a rare level of heat leading to an Extreme Risk for the entire population Very dangerous to anyone without proper hydration or adequate cooling This is a multi-day excessive heat event; a prolonged period of heat is dangerous for everyone not prepared 	<ul style="list-style-type: none"> Entire population exposed to the heat is at risk For people without effective cooling, especially heat-sensitive groups, this level of heat can be deadly 	<ul style="list-style-type: none"> Strongly consider canceling outdoor activities Stay hydrated Stay in a cool place, including overnight If you have access to air conditioning, use it, or find a location that does; even a few hours in a cool location can lower risk; fans will not be adequate





Wet Bulb Globe Temperatures Through Thursday

July 1, 2026
3:28 AM

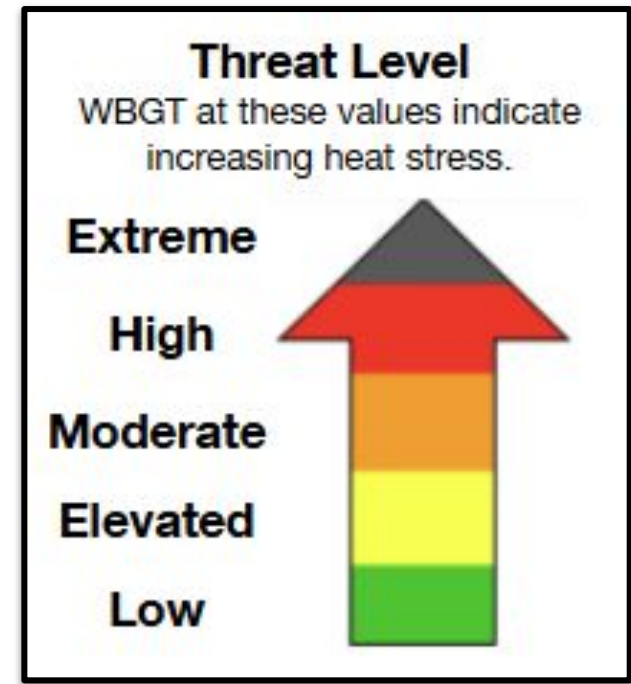
Don't see your location? Visit weather.gov/forecastpoints for your local forecast!

	Wet Bulb Globe Temperature (°F) Forecast															
	7/1 Wed						7/2 Thu						7/3 Fri	Maximum		
	6am	9am	12pm	3pm	6pm	9pm	12am	3am	6am	9am	12pm	3pm	6pm		9pm	12am
Burlington	73	79	85	85	84	79	77	76	75	80	86	86	84	79	76	86
Cedar Rapids	73	77	84	85	83	79	77	74	73	78	85	85	83	78	74	85
Clinton	73	79	86	86	85	80	76	75	74	79	85	85	84	79	75	86
Davenport	73	79	87	86	84	80	77	76	75	80	87	87	84	80	76	87
Dubuque	74	79	84	85	84	80	77	75	73	79	86	85	84	80	75	86
Fairfield	72	78	84	86	84	79	77	75	73	80	86	87	83	79	76	87
Freeport	74	79	87	87	84	80	77	74	74	79	87	86	84	78	74	87
Independence	73	77	83	84	84	78	75	72	72	77	84	85	83	77	72	85
Iowa City	73	78	85	87	84	80	77	75	74	79	86	87	84	79	75	87
Macomb	73	79	86	86	84	80	77	75	75	80	86	86	84	79	76	86
Maquoketa	73	78	85	86	84	79	77	74	73	80	86	87	84	79	75	87
Memphis	72	79	85	86	83	79	77	75	73	80	86	87	84	79	76	87
Moline	74	80	87	87	84	80	77	76	75	80	87	87	85	80	76	87
Princeton	73	79	86	85	83	77	76	74	74	80	86	86	84	76	74	86
Sterling	73	80	87	86	84	80	78	76	75	81	86	86	84	79	75	87

What is the Wet Bulb Globe Temperature?

Measures heat stress in direct sunlight, taking many factors into account such as temperature, relative humidity, wind, cloud cover, and sun angle. If you work or exercise in direct sunlight, this can be a good index to monitor.

Uncertainty on Thursday's WBGT due to storms and clouds, especially north of Hwy 30





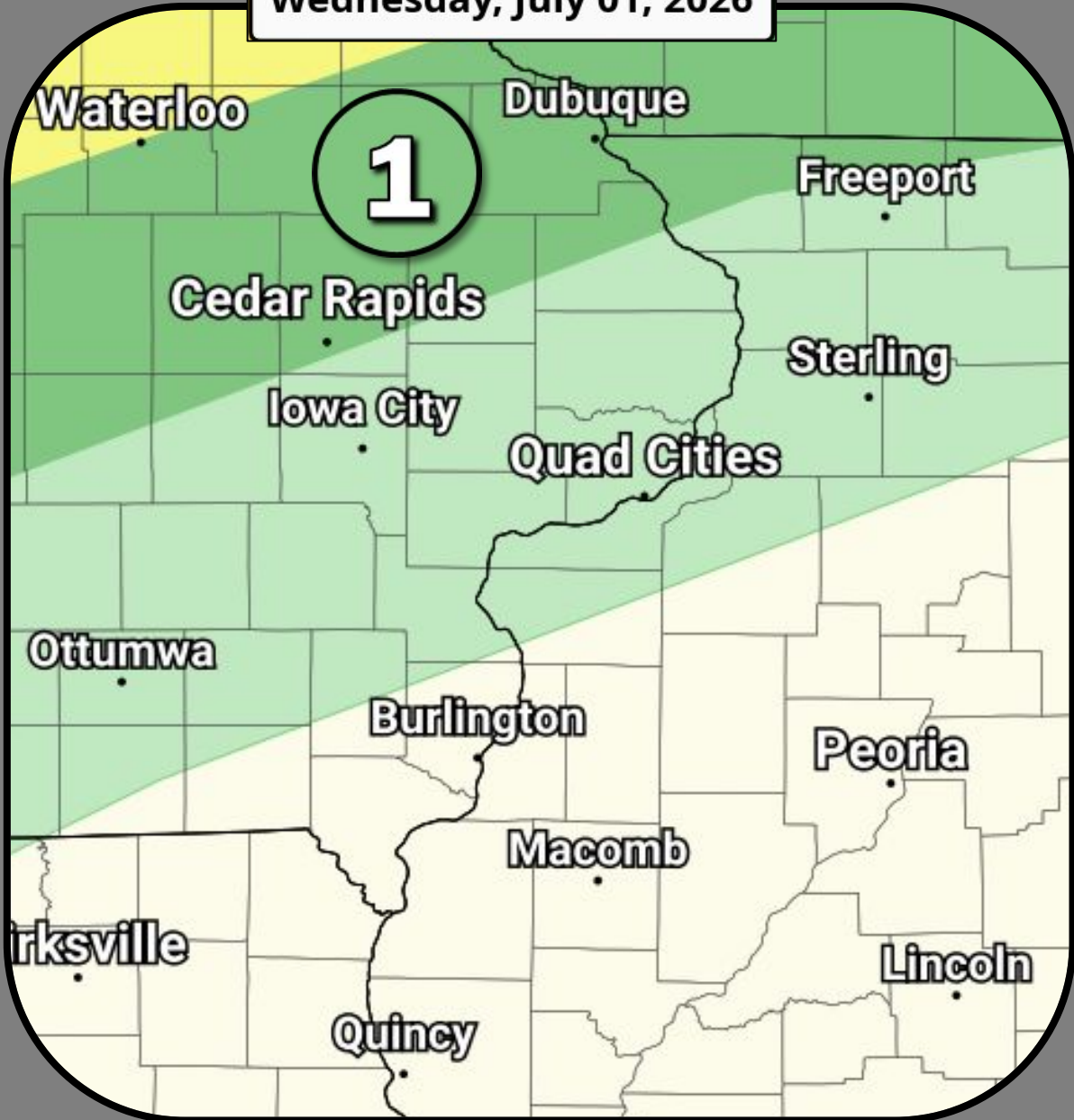
Severe Storm Risk Tonight and Thursday

July 1, 2026

3:28 AM

Risk Level: Marginal to Slight (Level 1 to 2 out of 5)

Severe Weather Outlook
Wednesday, July 01, 2026

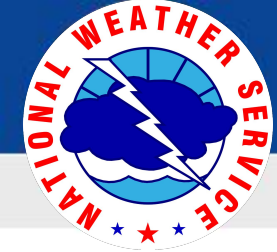


Highlights

- Hot and humid air present over the region will provide the needed instability for severe storms.
- Weak disturbances are forecast to support storm chances (30-60%) along and north of Interstate 80.
- Primary hazards are damaging winds and large hail, with a lower threat for an isolated tornado.

Severe Weather Outlook
Thursday, July 02, 2026





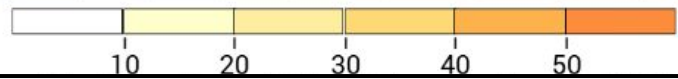
Forecast Storm Timing for Tonight/Thursday

July 1, 2026
3:28 AM

Be Weather Aware!

Chances of Thunderstorms (%) Forecast

	7/1 Wed						7/2 Thu											7/3 Fri																			
	6pm	7pm	8pm	9pm	10pm	11pm	12am	1am	2am	3am	4am	5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	12am	1am	2am	3am	4am	5am	
Burlington	1	0	0	0	0	0	0	0	1	1	1	1	1	1	1	0	0	0	0	0	0	0	0	1	2	4	4	4	4	4	4	4	23	23	23	23	23
Cedar Rapids	2	2	3	5	6	8	11	17	18	24	30	30	28	8	8	0	0	6	2	7	13	11	17	19	27	37	37	37	36	36	36	19	19	19	22	22	
Clinton	1	2	2	1	2	3	3	18	14	19	14	14	10	3	3	0	0	0	1	0	0	1	12	15	27	35	35	35	23	23	23	20	20	20	22	22	
Davenport	1	1	1	1	2	2	2	7	6	9	10	11	9	13	11	0	0	0	0	0	0	0	1	4	14	32	32	32	23	23	23	22	22	22	26	26	
Dubuque	3	4	6	7	11	10	11	29	32	32	33	33	32	9	8	0	0	12	9	17	17	17	29	28	31	49	49	49	41	41	41	27	27	27	27	27	
Fairfield	1	1	1	1	2	2	2	2	3	4	4	4	3	2	2	0	0	0	0	0	0	0	0	2	5	8	8	8	8	8	8	11	11	11	11	11	
Freeport	2	2	2	3	4	3	4	20	20	14	16	16	17	4	3	0	0	0	4	2	12	13	27	27	27	43	43	43	33	33	33	22	22	22	19	19	
Independence	8	10	22	25	22	25	23	33	33	33	38	38	32	18	12	1	2	15	8	14	14	14	30	30	30	46	46	46	47	47	47	24	24	24	24	24	
Iowa City	1	1	1	1	3	4	6	7	7	16	20	20	12	3	3	0	0	0	0	0	2	1	1	6	21	31	31	31	29	29	29	21	21	21	24	24	
Macomb	0	0	1	1	1	1	1	1	1	1	1	1	1	0	0	0	0	0	0	0	0	0	0	0	2	3	3	3	3	3	3	22	22	22	22	22	
Maquoketa	2	2	2	3	6	5	7	23	21	23	23	23	13	13	13	0	0	2	6	5	7	11	21	27	28	38	38	38	29	29	29	19	19	19	22	22	
Memphis	1	1	1	1	1	1	1	1	1	2	2	1	1	0	0	0	0	0	0	0	0	0	0	2	2	2	2	2	2	2	2	5	5	5	5	5	
Moline	1	1	1	1	1	2	2	5	5	7	8	8	7	12	11	0	0	0	0	0	0	0	1	5	11	33	33	33	23	23	23	23	23	23	27	27	
Princeton	1	0	0	0	0	0	0	1	1	2	2	2	2	0	0	0	0	0	0	0	0	2	0	3	3	32	32	32	30	30	30	31	31	31	27	27	
Sterling	1	1	2	2	1	1	2	14	14	13	13	13	11	0	0	0	0	0	0	0	0	0	1	2	7	19	34	34	34	25	25	25	22	22	22	21	21



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 exhaustion can lead to heat stroke.

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!



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 \(alternative display\)](#)



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

National Weather Service
Quad Cities, IA/IL