

Heat Continues with Gradually Increasing Storm Chances

July 2, 2026
4:23 AM

Humid Conditions Persist Through Independence Day

Key Messages

- Dangerous heat will continue over much of the area today, but gradually increasing storm chances could help diminish the heat coverage
 - **Heat indices of 100-105° for much of the area today, where an Extreme Heat Warning continues**
- As thunderstorm potential increases over the next few days into the holiday weekend, some severe storms and flash flooding risk will be possible

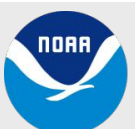
NEW

What Has Changed

- Severe storms risk has increased for Friday, with a Level 2 of 5 risk now across most of the area
- No changes to the Extreme Heat Warning

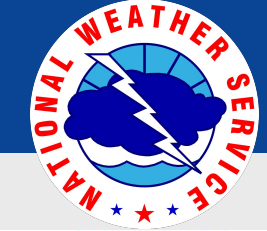
Next Scheduled Update

- By 4 PM this afternoon.



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

National Weather Service
Quad Cities, IA/IL



Heat and Storms Forecast Confidence

July 2, 2026
4:23 AM CDT

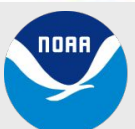
Forecaster Insights

What We Know

- Remaining humid through Independence Day
- Dangerous heat will continue along and south of Hwy 30 today
- Forecast overnight low temperatures remaining 75°+ degrees tonight for areas south of I-80 will once again offer little relief from the heat
- North of Highway 30 in Iowa, storms at least close by for early this morning, but may miss the area entirely to the north
- Storm chances will increase Friday and continue into Independence Day, with at least some severe storm and flash flooding risk

What's More Uncertain

- How much of the area will continue to experience dangerous heat Friday into Independence Day due to influence of storms and clouds
- Location and coverage of storms this evening into the weekend, and any more pronounced severe and flash flooding threats



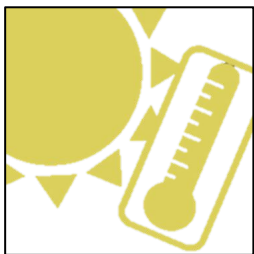


Dangerous Heat Continues Today

July 2, 2026

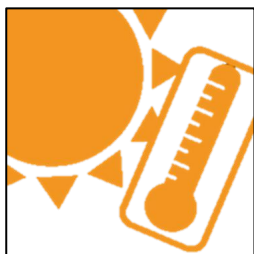
4:23 AM

Extreme Heat Warning continues along and south of Hwy 30 today



High Temperatures

Lower 90s



Peak Afternoon Heat Index

100 to 105°

Heat illnesses likely



Uncertainty

Increasing storm potential and cloud cover late today into the holiday weekend may interrupt the extreme heat

Actions



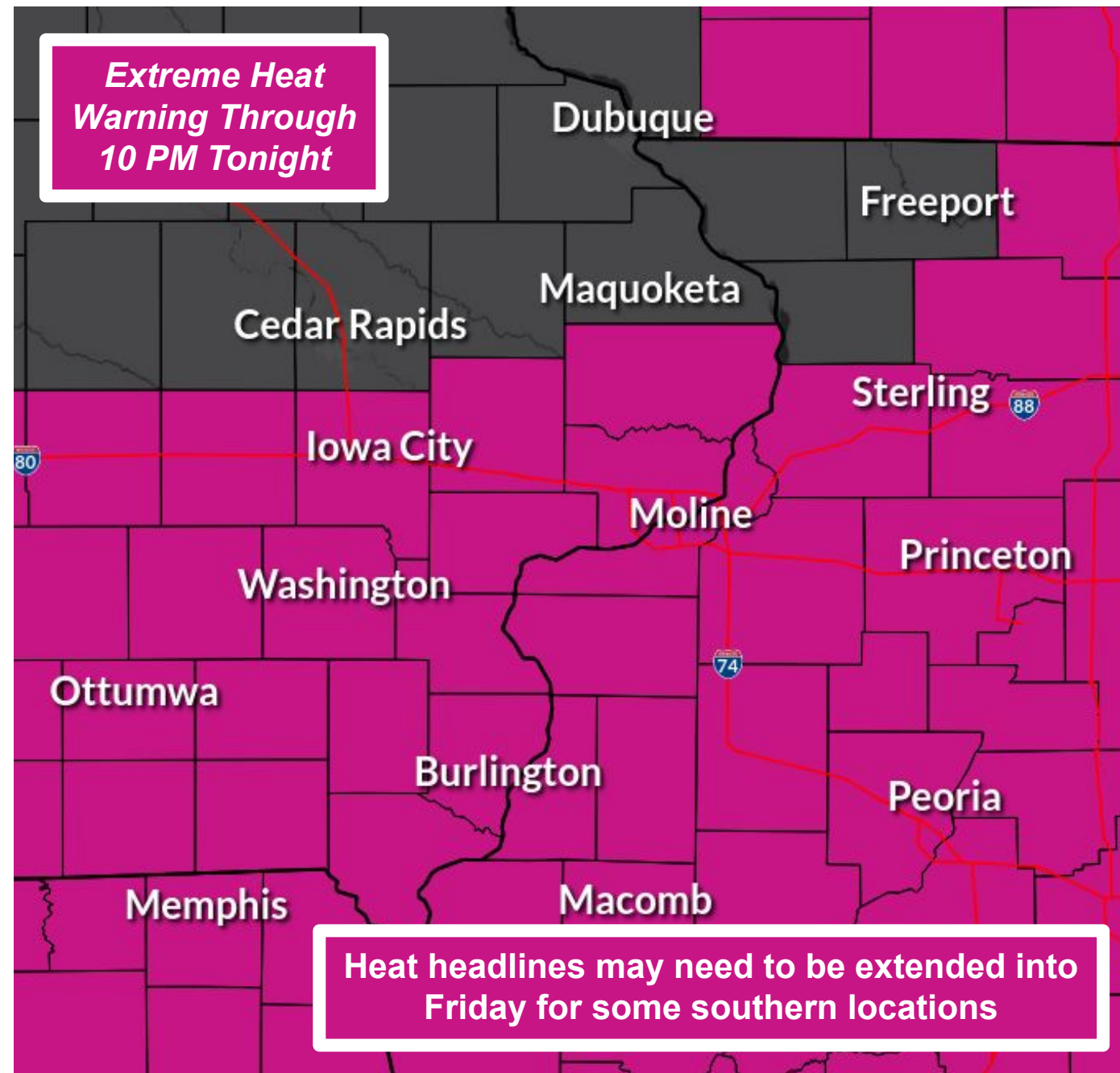
**WORKING OUTDOORS? TAKE
FREQUENT BREAKS!**



**NEVER LEAVE A CHILD OR PET
ALONE IN A CAR!**



**STAY HYDRATED-DRINK
PLENTY OF WATER!**



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

National Weather Service
Quad Cities, IA/IL

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

Maximum Heat Index (°F) Forecast																					
	7/2 Thu					7/3 Fri								7/4 Sat							
	9am	12pm	3pm	6pm	9pm	12am	3am	6am	9am	12pm	3pm	6pm	9pm	12am	3am	6am	9am	12pm	3pm	6pm	9pm
Burlington	94	100	101	101	92	83	77	84	98	102	101	102	93	79	75	76	92	98	101	99	89
Cedar Rapids	92	98	101	99	87	77	73	75	90	98	99	99	88	76	72	74	86	95	97	94	84
Clinton	96	100	102	101	90	77	74	76	94	98	100	98	89	78	74	75	89	95	98	96	84
Davenport	96	101	101	102	92	83	76	78	96	101	102	101	92	78	76	76	90	97	99	98	87
Dubuque	92	97	100	99	87	76	73	76	88	96	98	99	91	76	72	74	85	92	94	92	84
Fairfield	94	100	101	100	90	79	75	79	94	99	101	101	90	77	73	77	92	100	103	100	86
Freeport	96	100	100	100	87	76	73	76	92	96	97	97	86	74	72	74	87	94	95	93	78
Independence	90	94	97	94	79	73	70	73	86	94	97	97	84	74	71	73	84	91	94	92	78
Iowa City	98	103	102	103	90	78	74	77	93	99	101	102	91	78	74	75	90	98	99	97	87
Macomb	97	101	101	101	90	84	76	78	99	102	102	102	92	77	75	76	94	99	101	98	87
Maquoketa	93	97	99	99	86	77	73	76	94	98	101	101	87	75	72	75	86	94	96	96	83
Memphis	94	99	100	100	90	83	76	78	97	99	100	98	91	78	75	77	95	100	105	103	89
Moline	97	101	102	103	92	83	76	79	97	102	102	102	91	77	75	77	92	98	101	99	87
Princeton	98	102	101	101	87	77	75	78	98	102	99	96	84	76	73	77	90	95	96	94	83
Sterling	98	101	102	102	86	77	73	76	95	99	99	97	87	75	73	75	91	98	99	95	84
707580859095100105																					

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	$\geq 130^{\circ}\text{F}$	Heat/Sunstroke HIGHLY LIKELY with continued exposure
Very Hot	$105^{\circ}\text{F} - 129^{\circ}\text{F}$	Sunstroke, heat cramps, or heat exhaustion LIKELY , and heatstroke POSSIBLE with prolonged exposure and/or physical activity
Hot	$90^{\circ}\text{F} - 104^{\circ}\text{F}$	Sunstroke, heat cramps, or heat exhaustion POSSIBLE with prolonged exposure and/or physical activity
Very Warm	$80^{\circ}\text{F} - 89^{\circ}\text{F}$	Fatigue POSSIBLE with prolonged exposure and/or physical activity

Any storms or cloud cover will help to temper down the heat indices, but uncertainty remains on storm coverage each day through Independence Day



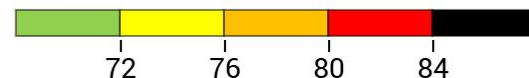
Wet Bulb Globe Temperatures Through Saturday

July 2, 2026
4:23 AM

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

Maximum Wetbulb Globe Temperature (°F) Forecast

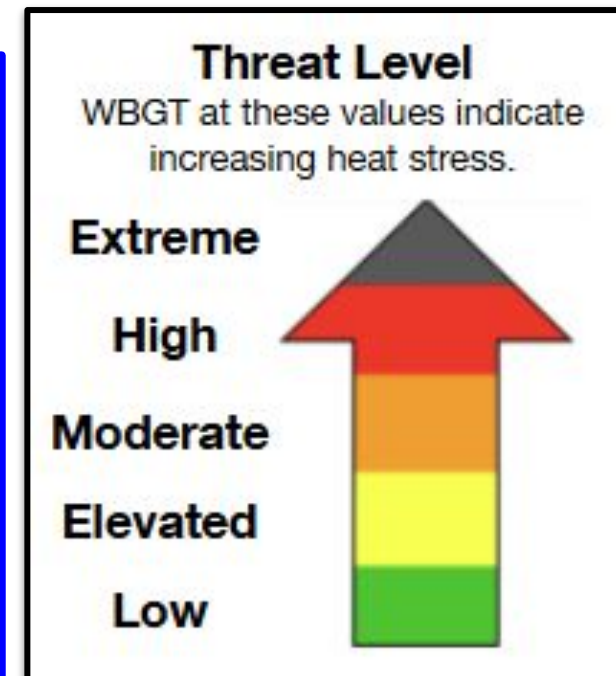
	7/2 Thu					7/3 Fri					7/4 Sat										
	9am	12pm	3pm	6pm	9pm	12am	3am	6am	9am	12pm	3pm	6pm	9pm	12am	3am	6am	9am	12pm	3pm	6pm	9pm
Burlington	84	87	86	84	79	76	74	78	85	88	86	84	80	76	73	75	83	86	86	83	78
Cedar Rapids	82	86	85	83	78	74	71	73	81	86	86	83	78	74	71	73	80	84	84	81	76
Clinton	84	86	85	84	79	74	72	75	83	86	86	83	78	75	73	74	81	85	85	82	76
Davenport	84	87	86	84	79	76	73	76	84	87	87	84	79	75	74	74	81	85	86	83	77
Dubuque	82	85	85	83	78	74	71	74	80	85	85	83	79	75	72	73	79	82	82	80	76
Fairfield	83	86	86	83	78	75	73	76	83	86	86	84	79	75	72	76	82	86	86	84	78
Freeport	84	87	86	83	78	74	71	75	82	85	85	82	77	73	71	74	81	84	84	81	75
Independence	81	84	84	81	76	72	69	71	78	83	84	82	77	73	70	72	79	82	83	80	75
Iowa City	85	88	87	85	79	75	72	75	83	87	87	84	79	75	73	74	81	85	85	82	78
Macomb	85	88	86	84	79	76	74	77	86	88	86	84	80	75	74	75	84	87	86	83	78
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Princeton	85	87	86	84	78	74	73	76	85	87	85	82	76	73	72	75	82	84	84	81	76
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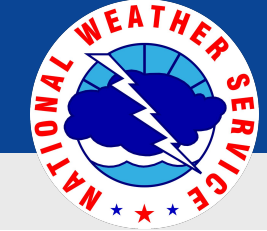


What is the Wet Bulb Globe Temperature?

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.

Any storms or cloud cover will help to temper down the heat indices, but uncertainty remains on storm coverage each day through Independence Day





Assessing Today's Heat Risk

NWS EXPERIMENTAL PRODUCT

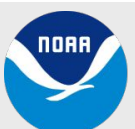
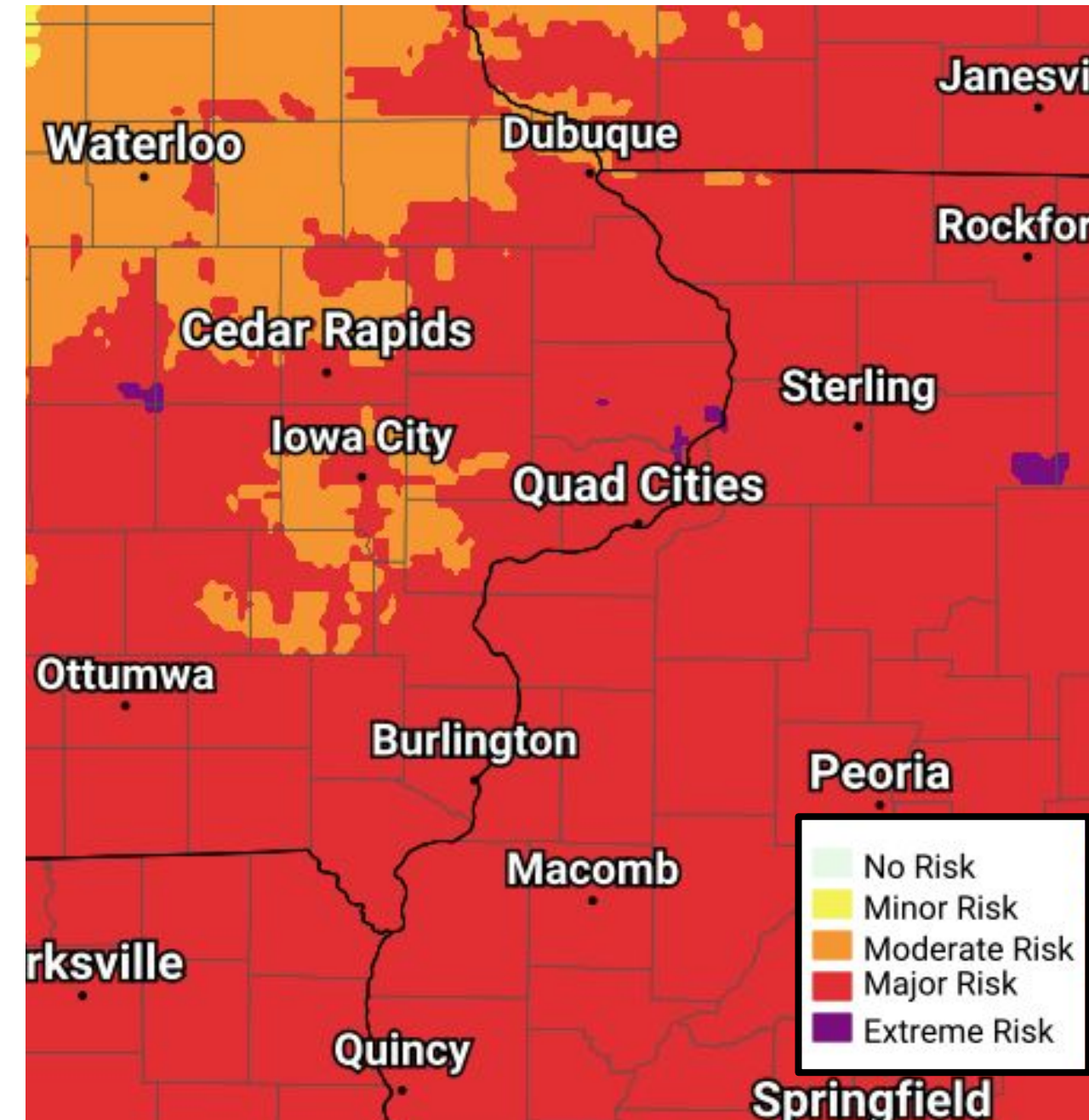
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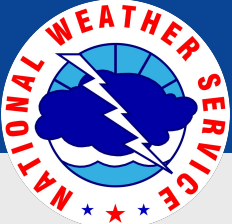
What is Heat Risk?

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?
2	- Heat of this type represents a moderate risk for members of heat-sensitive groups to experience negative heat-related health effects - Some risk for the general population who are exposed to the sun for longer periods of time	- Primarily heat-sensitive groups, especially those without effective cooling or hydration - Those not acclimated to this level of heat - Otherwise healthy individuals exposed to longer duration heat, without effective cooling or hydration, such as in the sun at an outdoor venue	- Reduce time in the sun during the warmest part of the day - Stay hydrated - Stay in a cool place during the heat of the day - Move outdoor activities to cooler times of the day - For those without a/c, use fans to keep air moving and open windows at night
3	- 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	- 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	- 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





Storm Chances Increase This Evening

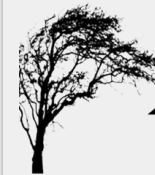
July 2, 2026
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Scattered severe storms possible along and north of Highway 30

Key Messages

- Chances of storms (40-70%) are forecast to increase this evening, lingering into the overnight hours
- Uncertainty exists on the exact timing, but any severe storms that form will be capable of damaging wind gusts, with a lower threat for large hail
- **Timing of Greatest Coverage:** 6 PM today to 3 AM Friday

Hazards with Any Severe Storms

 **1** Damaging Winds
May down small trees

 Hail to the Size of Quarters

Actions

- Have multiple ways to receive warnings!
- When thunder roars, go indoors! This includes campers!

Severe Threat:

0

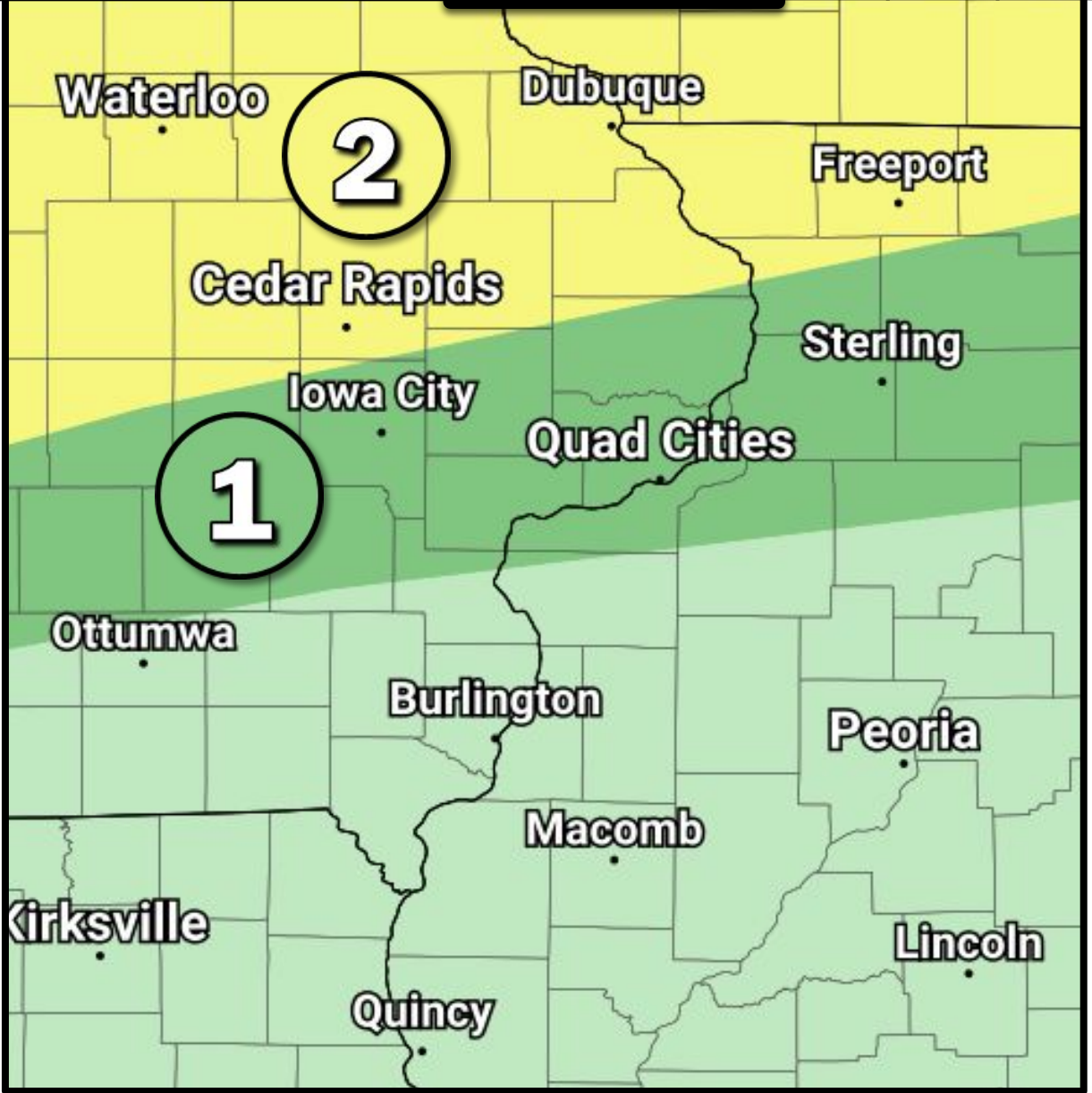
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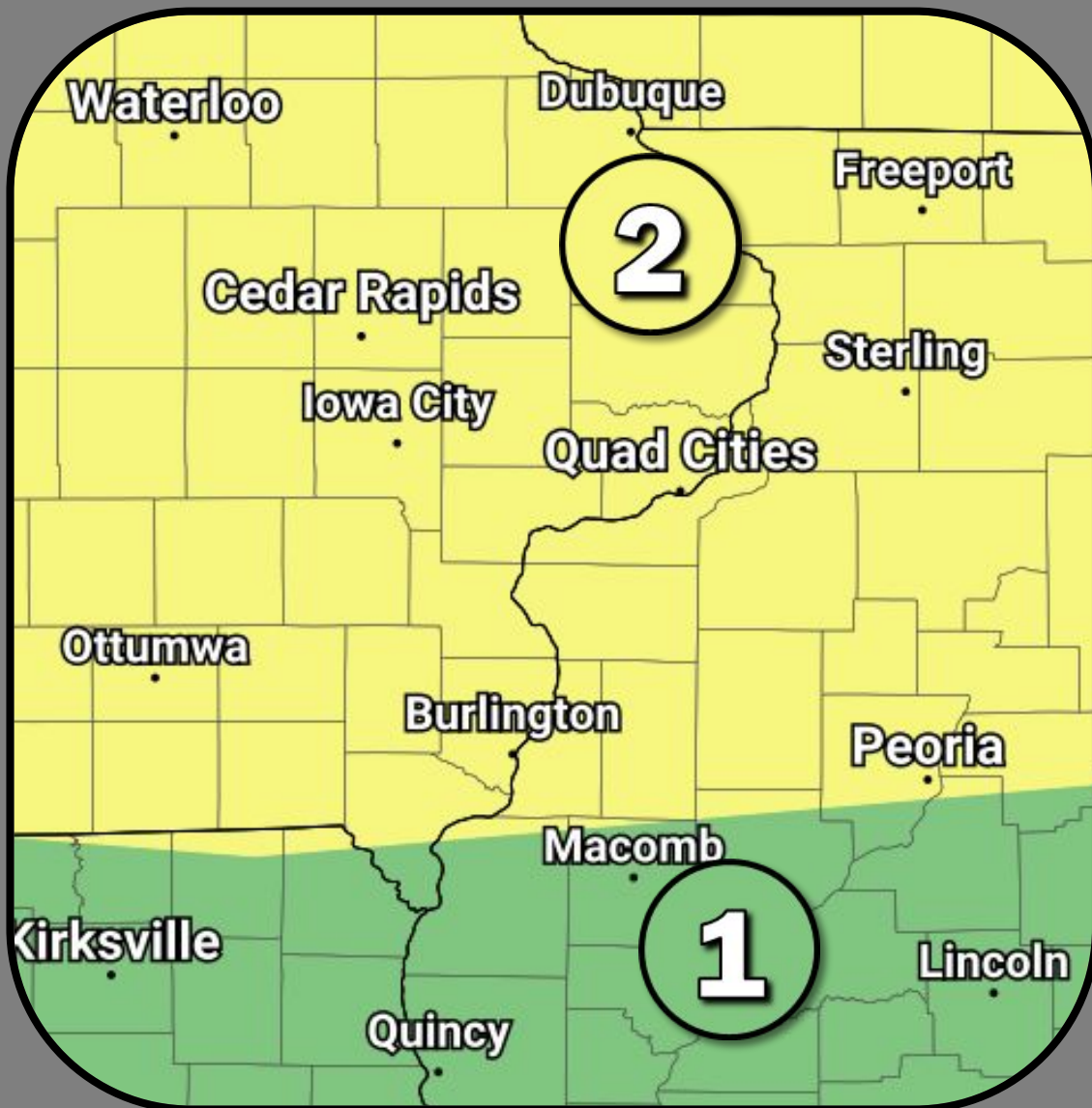


Storm Potential Friday and Independence Day

July 2, 2026
4:23 AM

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

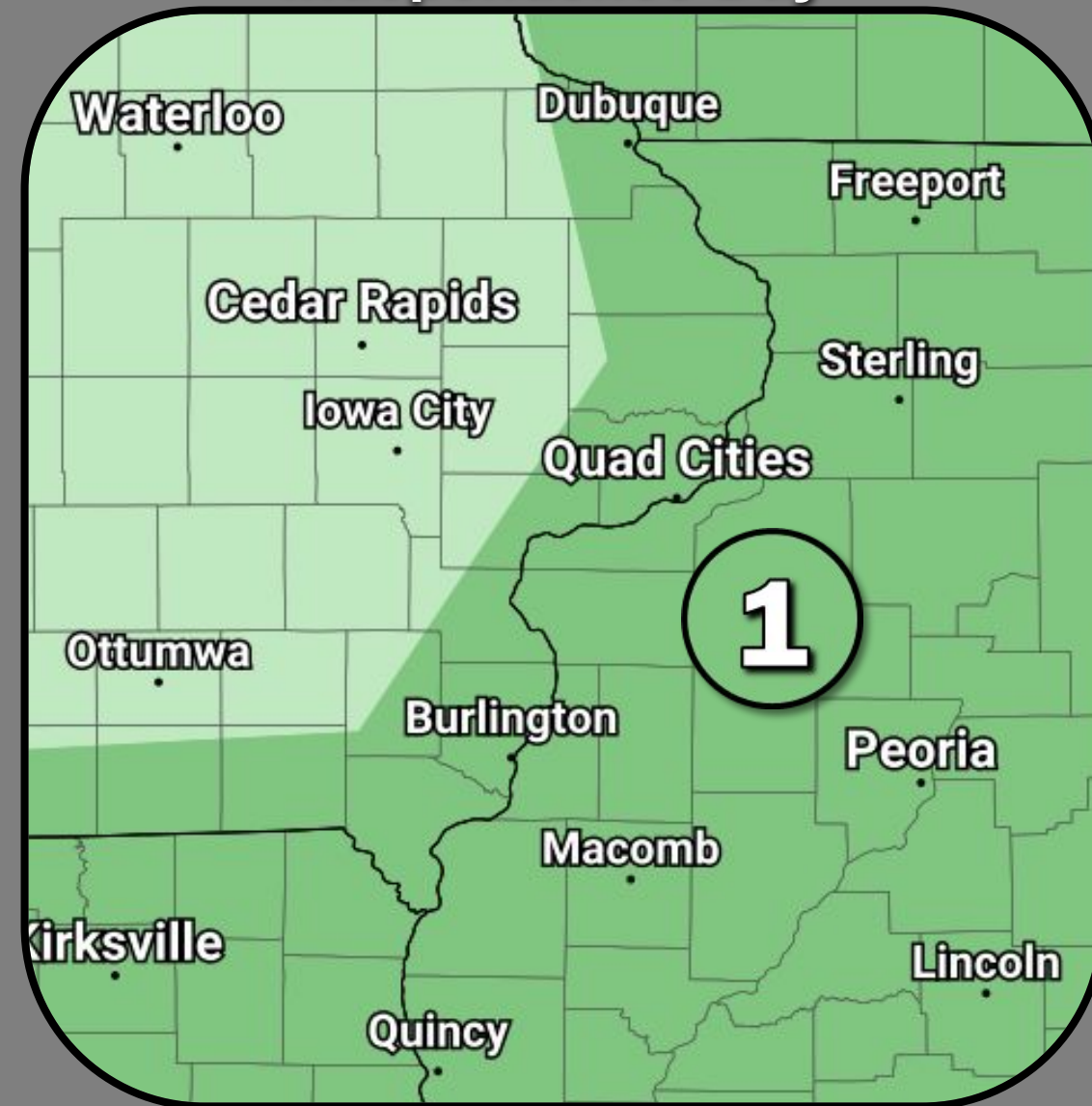
Severe Weather Outlook for Friday



Highlights

- Subtle weather disturbances will support storm chances (70% north, 40% south) along and north of Interstate 80.
- Specific timing and storm type remains uncertain. All-day washouts are unlikely, and some locations will likely see no storms.
- Primary hazards are damaging winds and heavy rainfall, with a lower threat for hail and isolated tornadoes.

Severe Weather Outlook for Independence Day



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

Severe Weather Threat Level:

0

1

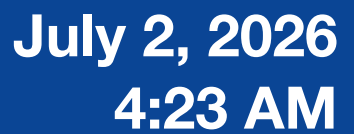
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National Weather Service
Quad Cities, IA/IL





Flash Flooding Possible Tonight through Saturday

July 2, 2026
4:23 AM

Repeated rounds of storms over the next few days may lead to a flash flooding threat

Key Messages

- Heavy rainfall from thunderstorms may result in areas of flooding in low-lying and poor drainage areas, especially along/north of Hwy 30
- Flash flooding is possible if storms/heavy downpours track over the same areas



This Evening into early Friday morning

This will be a threat we will have to monitor into the weekend as more rounds of storms are possible!

Threats



Torrential Rainfall

May flood roads, low-lying areas, fields, and basements, and cause rapid stream/creek rises



Rising River Levels

Actions

- ✓ Check river observations & forecasts at water.noaa.gov
- ✓ Those along rivers should prepare for potential flooding
- ✓ NEVER drive or walk across flooded roads.

Flood Threat:

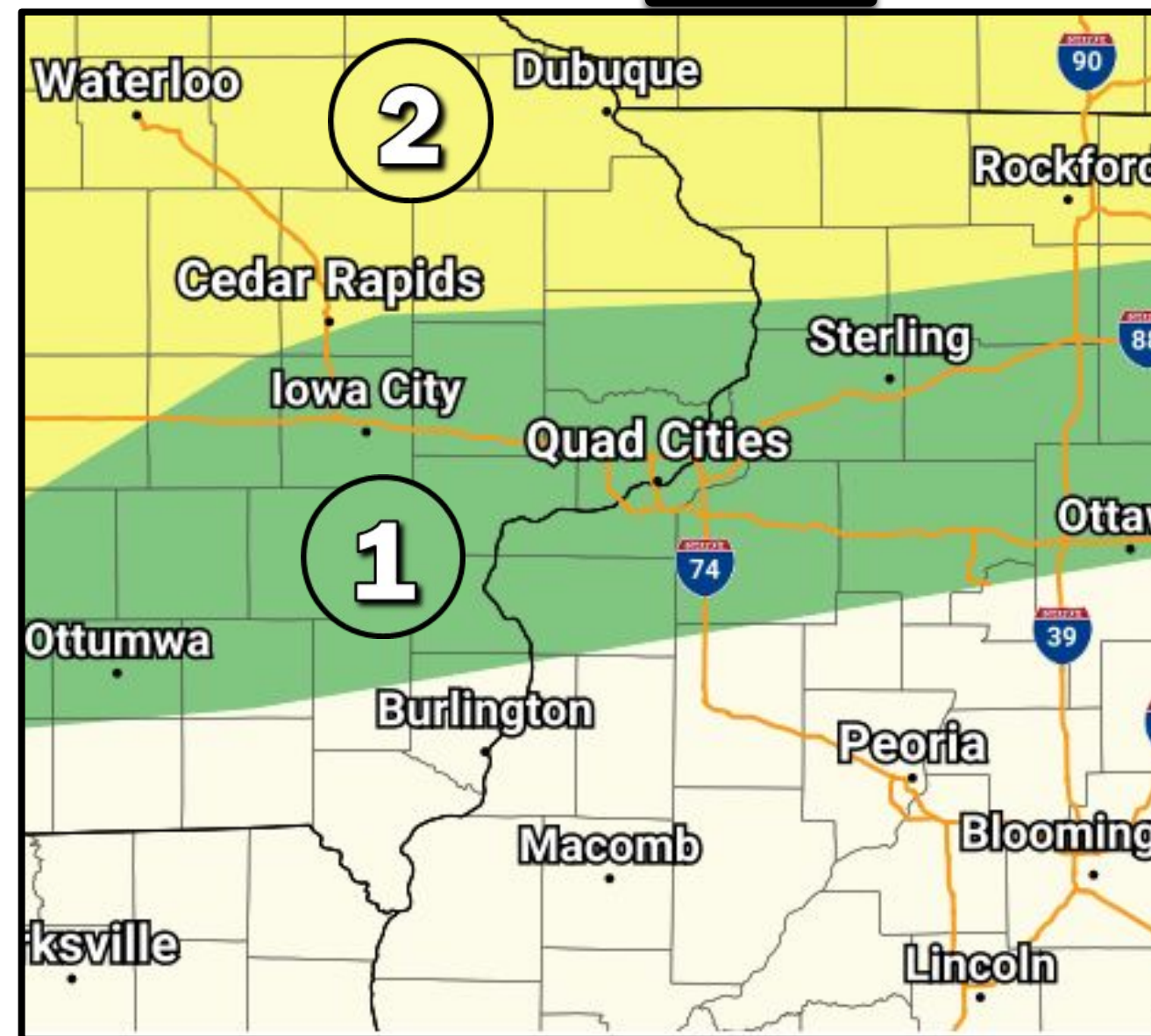
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Quad Cities, IA/IL

Fourth of July Weekend Forecast

Friday



Scattered T-Storms,
Mainly Along and
North of I-80
30-70%

Highs: 87-92°

Heat Index: 94-102°

Fri Night



Scattered T-Storms,

40-70%

Lows: 69-74°

Saturday



Scattered
Thunderstorms
Area-Wide
40-70%

Highs: 86-92°

Heat Index: 94-103°

Sat Night



Scattered
Thunderstorms
30-60%

Lows: 66-71°

Sunday



Isolated
Thunderstorms
Area-Wide
20-30%

Highs: 83-88°

Heat Index: 87-97°



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



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](#)
- [Understanding Heat Scales](#) (under Overview)

Heat Exhaustion

Heat Stroke

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



Confusion
Dizziness
Becomes Unconscious

ACT FAST

CALL 911

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

Heat exhaustion can lead to heat stroke. Heat stroke can cause death or permanent disability if emergency treatment is not given.

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

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