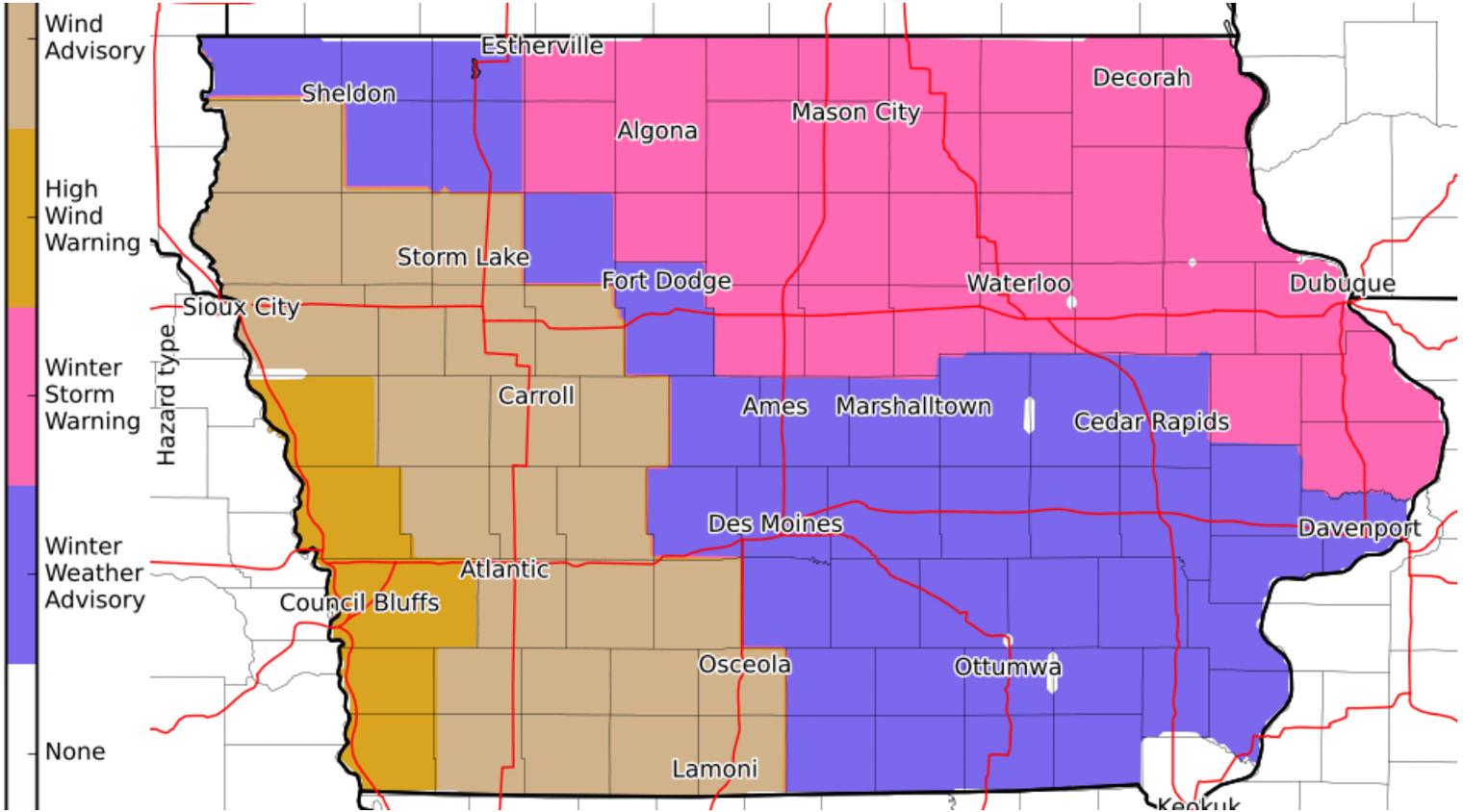




Hazardous Winds Followed by Life-Threatening Cold

Headlines In Effect Through Noon Monday



Message of the Day:

- ✓ Rapidly decreasing temperatures may lead to flash freezing across Iowa.
- ✓ Hazardous winds will impact central to western Iowa this morning, causing impacts ranging from travel difficulties to downed small tree branches.
- ✓ Flurries and blowing snow possible in northern to eastern Iowa.
- ✓ Dangerous, life-threatening cold air will dominate Iowa, especially northern and northeastern areas, from late this evening through Thursday AM.
- ✓ Wind chill values on Wednesday morning will range around -50 or lower across parts of northern Iowa, leading to potential frostbite in 10 minutes.

Important Forecast Changes:

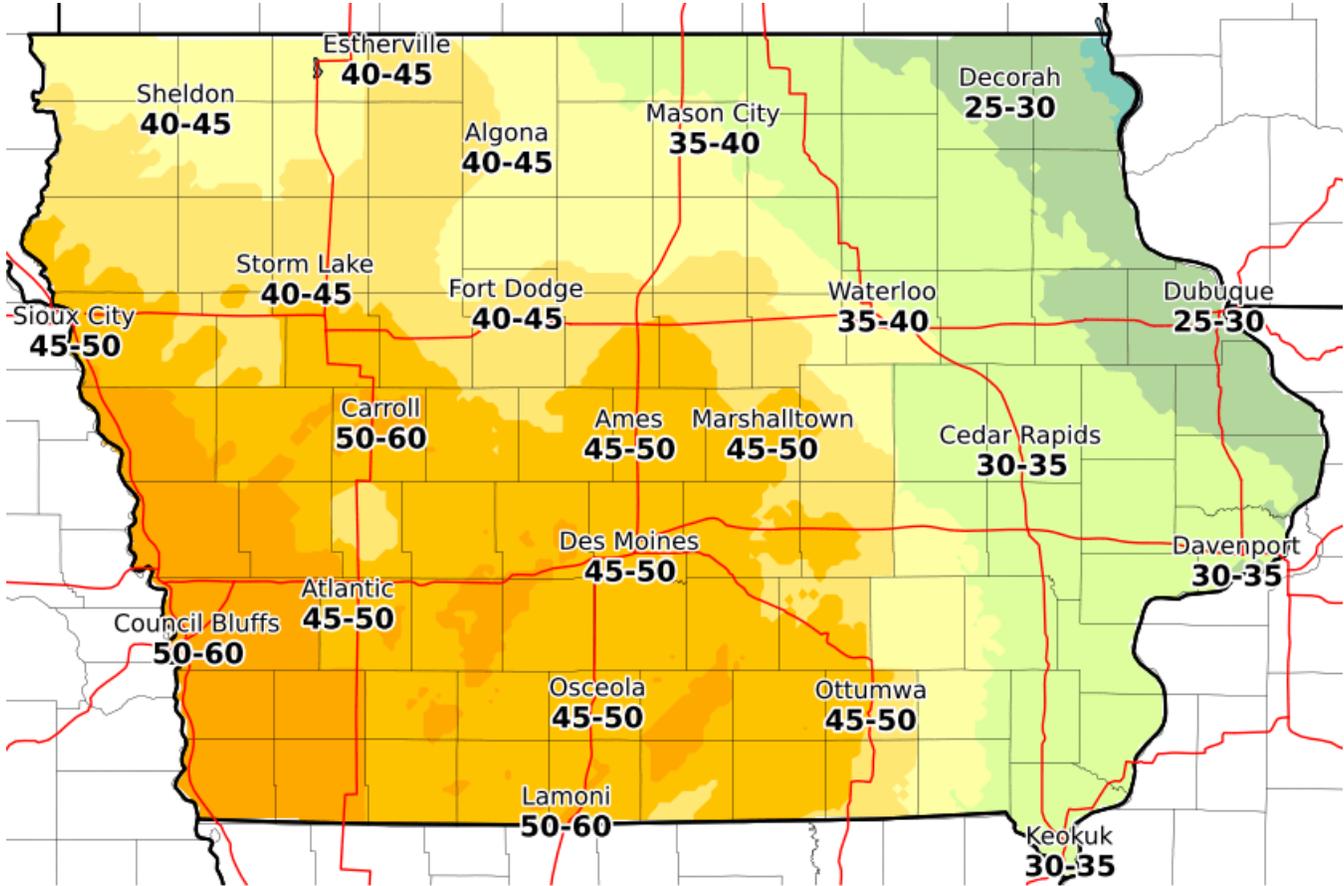
- ✓ Expanded wind headlines for today,
- ✓ Upgraded to Wind Chill Warning.





Hazardous Winds & Blowing Snow This Morning

Today's Forecast Peak Wind Gusts



Hazards: West to northwesterly winds sustained at 20 to 30 mph, gusting from 40 to 50 mph. Blowing and drifting snow possible.



Areas Impacted: Central to western Iowa; Strongest winds in western Iowa



Timing & Duration: Hazardous winds to diminish by this afternoon



Impacts: Travel impacts, especially to high-profile vehicles. Visibility less than 1 mile during periods of flurries and blowing snow. Small branches downed.

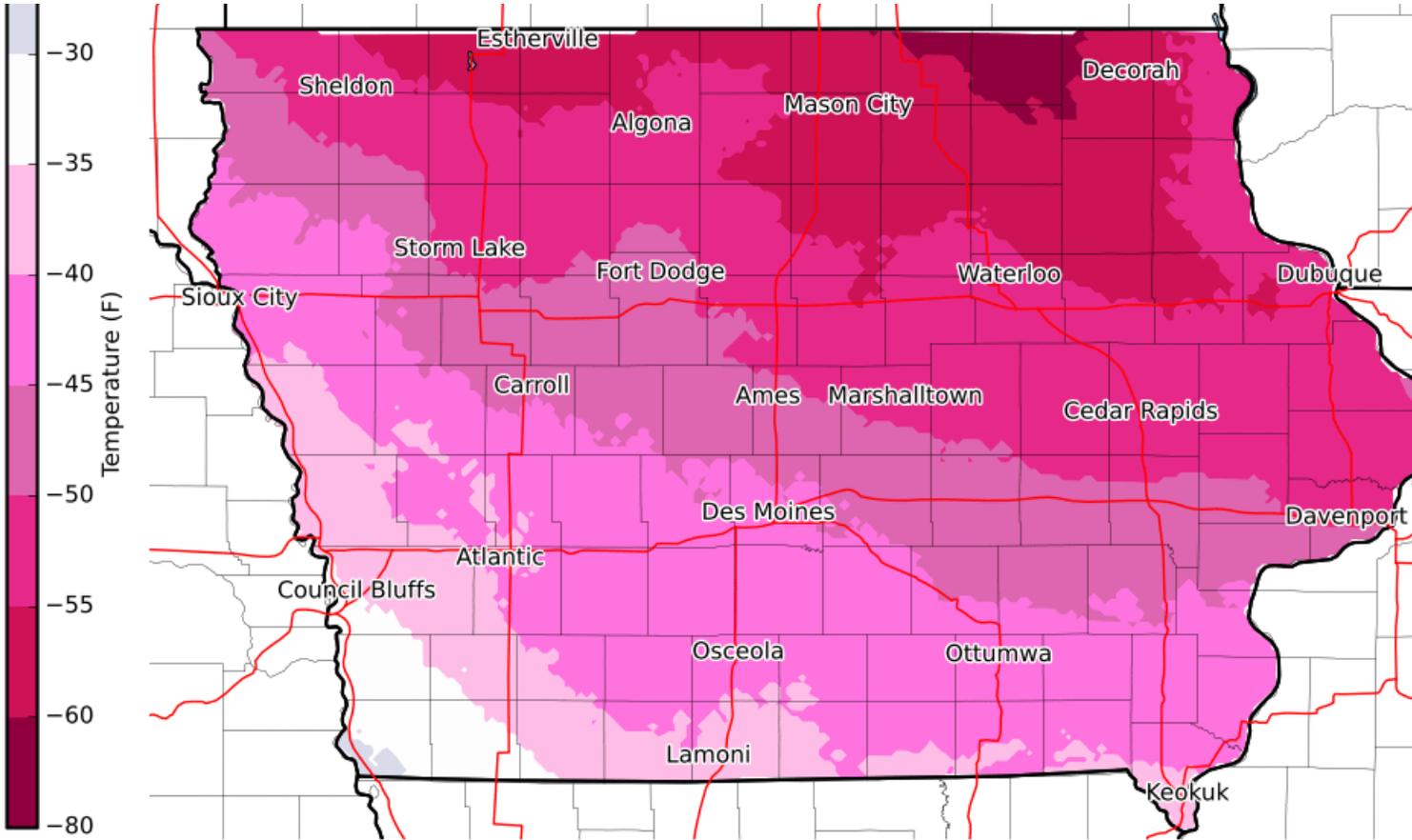


Certainty & Considerations: These winds are in progress from central to western Iowa



Life-Threatening Cold Temperatures...

Wednesday Morning Wind Chill Values



Hazards: Life-threatening cold air temperatures and wind chill values.



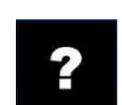
Areas Impacted: All of Iowa, with coldest air northeast.



Timing & Duration: Monday night through Thursday morning, with the coldest wind chill values expected Wednesday morning.



Impacts: Frostbite within 10 minutes in the coldest air. Hypothermia possible. Vehicles, including school buses, may not start. Prolonged cold will stress heating systems.



Certainty & Considerations: High confidence, long-duration event.



Historical Perspective: This may be the coldest air in a generation. Record to near-record cold temperatures and cold wind chills are expected Wednesday morning.



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Extreme Cold: Prepare Now!

< 96°F

Internal Body Temperature for Onset of Hypothermia

1300

Annual Fatalities from Hypothermia

www.cdc.gov

Dress in Layers

Wear breathable layers of clothing that can wick away sweat. Hats, scarves, earmuffs, and gloves will also keep you warm.

Avoid Sweating and Getting Wet

Contact with water and moisture can cause your body to lose heat rapidly, resulting in dangerous conditions.

Check on Family and Neighbors

Make sure to look out for relatives and friends, especially those who live alone.

Know the Symptoms of Hypothermia

Seek medical help for uncontrollable shivering, memory loss, disorientation, slurred speech, or apparent exhaustion.

For more tips and additional information: weather.gov/winter

For a specific forecast for your location: www.weather.gov/dmx
 Winter Weather Decision Support Page: www.weather.gov/dmx/dsswinter
 Additional safety information: www.beready.iowa.gov
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