

Extreme Cold To End The Week

January 22, 2026
3:44 AM CST

Wind Chills as low as -40° expected!

Key Messages

- Bitterly cold air will surge into Iowa later today and bring an extreme cold snap from tonight into the weekend
- The coldest conditions will come late tonight into Friday morning when wind chills reach -40° in some areas. Frostbite will be possible within only 10 minutes!
- The cold will persist, to varying extents, into and through the weekend.

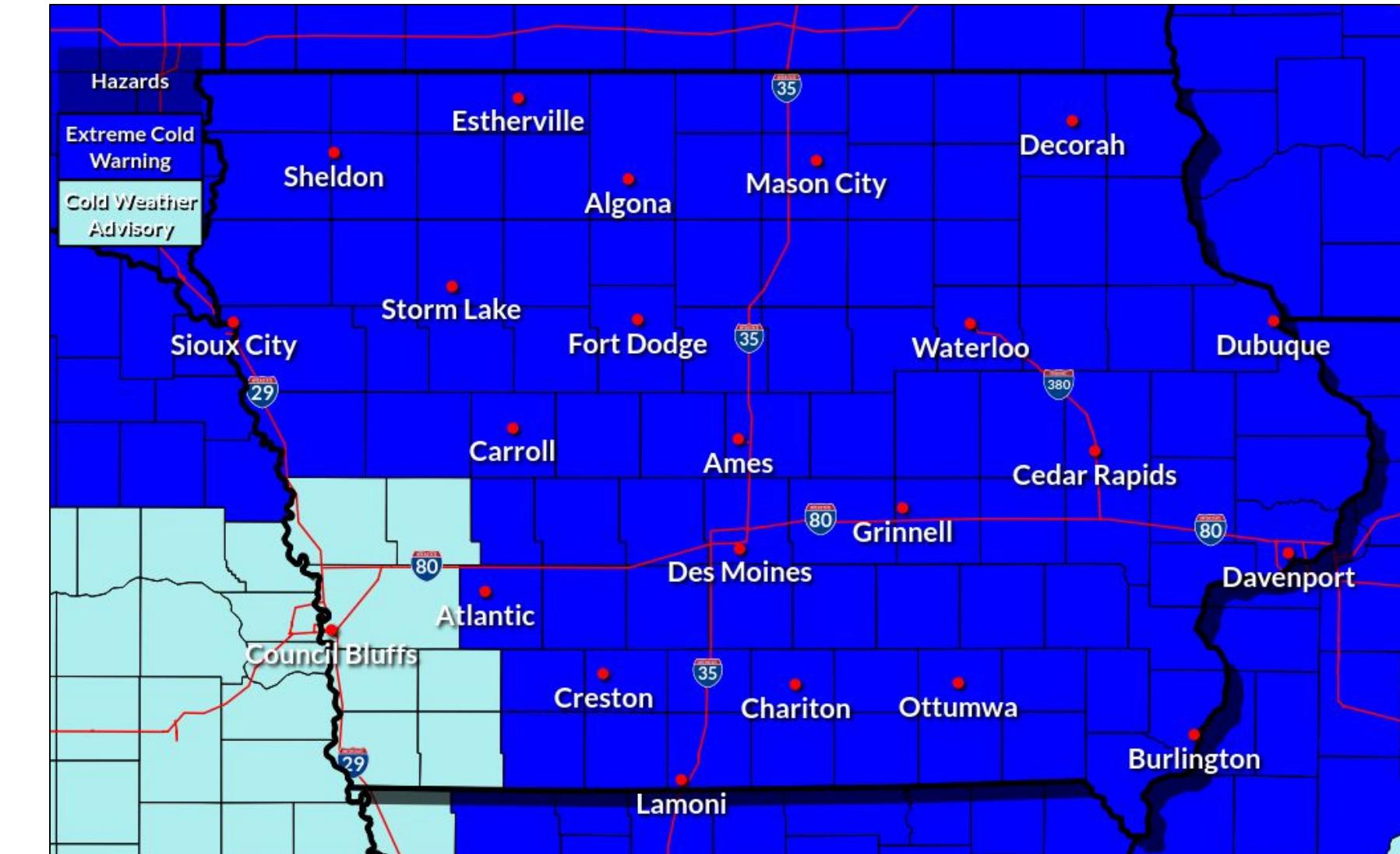
NEW

What Has Changed

- Upgrade to Extreme Cold Warning

Next Scheduled Update

- By 9 AM Friday



Extreme Cold Warning for much of Iowa



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

National Weather Service
Des Moines, Iowa

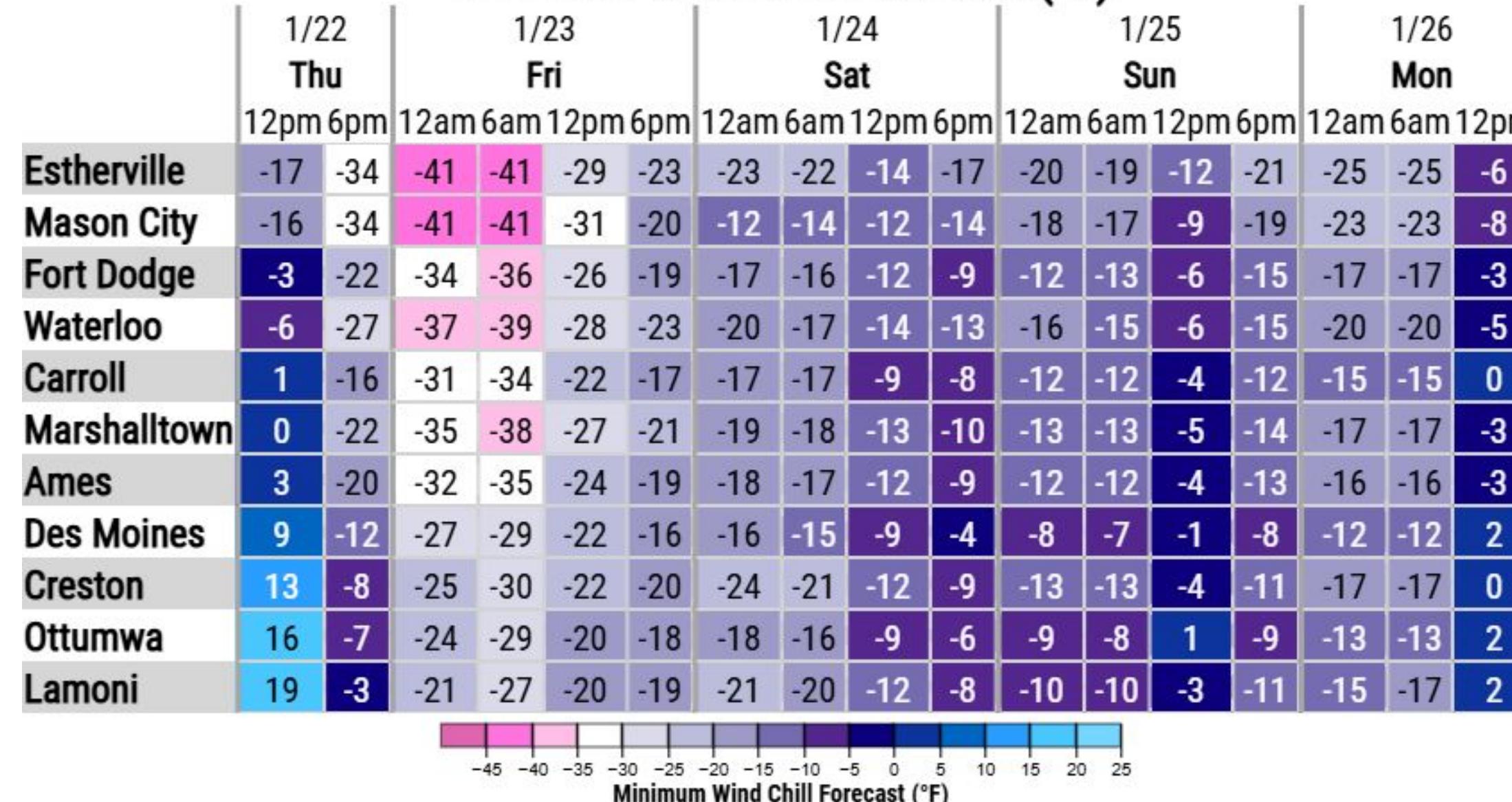


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Extreme Cold Warning is in effect!

Minimum Wind Chill Forecast (°F)



Cold Weather Safety Tips



KEEP JUMPER CABLES & EMERGENCY KIT IN CAR



COVER ALL EXPOSED SKIN



BRING PETS INDOORS



LIMIT TIME OUTDOORS



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

Don't see your city?
Check out weather.gov/forecastpoints

National Weather Service
Des Moines, Iowa



Weather Safety and Resources

Consider Bookmarking and Storing #s on your Phone!

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Points to Remember

- Tonight through Sunday: Coldest air of the season; dangerous wind chills far below zero at times.
- Frostbite will be possible within minutes!

- [NWS Des Moines Web Page](#)
- [NWS Des Moines Winter Weather DSS](#)
- [NWS Des Moines Snowfall Forecast](#)
- [Winter Storm Severity Index](#)
- [Winter Weather Safety](#)
- [Reporting Winter Weather](#)
- [Recent Snowfall Reports](#)
- [Iowa Travel Conditions - IA 511](#)

Social Media: [Facebook](#) | [X/Twitter](#)

Traveler Information (Clickable)

- **Iowa**
800-288-1047
- **Minnesota**
800-542-0220
- **Wisconsin**
866-511-9472
- **South Dakota**
866-697-3511
- **Illinois**
800-452-4368
- **Illinois Tollway System**
800-865-5394
- **Missouri**
800-275-6636
- **Nebraska**
800-906-9069



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