



Arctic Cold Arrives Behind the Snow

December 14, 2025
9:07 PM EST

Through Monday Morning



Current Watches, Warnings, and Advisories

Key Messages:

- **Cold Weather Advisory** remains in effect through 10 AM Monday.
- Criteria is reached when temperatures and/or wind chills fall to 0° to -5°.
- A warming trend is forecast to begin Monday and continue into mid-week.

Cold Weather Advisory
Wind Advisory

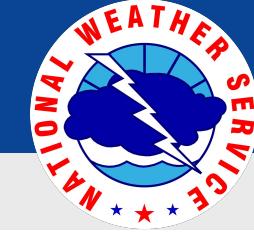


Graphic Created
December 14th, 2025
8:50 PM EST



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

National Weather Service
Jackson, KY



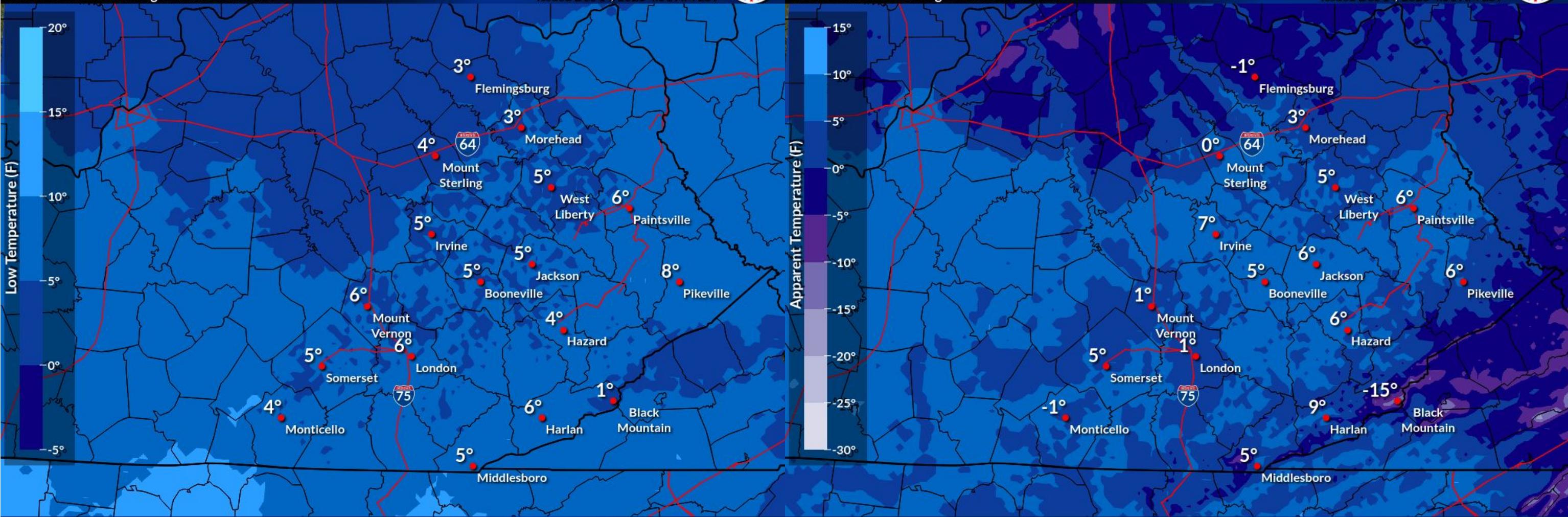
Arctic Cold Continues Into Monday Morning

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Lower Winds Mean That Widespread Sub-Zero Wind Chills Are Less Likely Monday Morning

Tonight's Low Temperature

Valid Sun 8:00PM through Mon 9:00AM EST



- Expect another night of widespread low temperatures in the single digits. This is about 25 degrees below normal.

- Wind chills will be closer to the actual temperature across most of the forecast area.



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Cold Impacts: Vulnerable Populations



NEWBORNS



ELDERLY



**CHRONIC
ILLNESS**



**OUTDOOR
WORKERS**



UNHOUSED

Everyone is at risk from the dangers of extreme cold, but these groups are more vulnerable than most. Age and certain conditions make the body less able to regulate temperature.



Dress in loose layers and cover all exposed skin



Limit or avoid time outdoors



Consume hot foods and warm drinks, but avoid caffeine and alcohol



Check on family, friends and neighbors



adding layers will help keep you warm as the temperature drops

CHILLY



weather.gov/safety

DRESSING FOR COLD WEATHER

COLD



EXTREME COLD

