Heat Index Chart with Health Effects and Safety Recommendations

How to use the chart: 1. Go to www.wrh.noaa.gov/psr and select your location to obtain the local temperature in Fahrenheit and relative humidity (RH) **2.** Find the corresponding temperature and RH on the chart. The box that connects the two numbers will contain the current heat index (HI) Notice the color of this box. **3.** Find the box with the same color and read about the health effects of the Heat Index and safety recommendations to follow.

E	Extre	me D	ange	er		Danger Extreme Caution								Caution Most common in AZ							
۰F								RF	ΙΔΤ	IVF	ним	IDII	ΓΥ (9	رم)							
	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
140	125																				
135	120	128																			
130	117	122	131																		
125	111	116	123	131	141																
120	107	111	116	123	130	139	148	4.40	454												
115	103	107	111	115	120	127	135	143	151	142	150										
110	99 95	102 97	105	108 102	112105	117	123113	130 118	137 123	143 129	150 135	142	149								
100	91	93	95	97	99	109	104	107	110	115	120	125	132	138	144						
95	87	88	90	91	93	94	96	98	101	104	107	110	114	119	124	130	136				
90	83	84	85	86	87	88	90	91	93	95	96	98	100	102	106	109	113	117	122		
85	78	79	80	81	82	83	84	85	86	87	88	89	90	91	93	95	97	99	102	105	108
80	73	74	75	76	77	77	78	79	79	80	81	81	82	83	85	86	86	87	88	89	91
75	69	69	70	71	72	72	73	73	74	74	75	75	76	76	77	77	78	78	79	79	80
70	64	64	65	65	66	66	67	67	68	68	69	69	70	70	70	71	71	71	71	71	72
Heat Index: 130+ degrees F					Health Effect: Heatstroke/sunstroke is highly likely with continued exposure Recommendations: Avoid strenuous outdoor activity. Stay indoors in an air conditioned facility. Stay well-hydrated. Drink 10 gulps every 20 minutes. Check on your family, friends, and neighbors.															on	
Heat Index: 105-129 degrees F						Health Effect: Sunstroke, heat cramps and heat exhaustion are likely. Heat stroke is possible with prolonged exposure and/or physical activity Recommendations: Avoid strenuous outdoor activity; Stay indoors in an air conditioned facility; Stay well-hydrated. Drink 10 gulps every 20 minutes.															S
Heat Index: 90-104 degrees F						Health Effect: Sunstroke, heat cramps and heat exhaustion are possible with prolonged exposure and/or physical activity Recommendations: Limit strenuous outdoor activity; Limit your time outdoors; Stay well-hydrated. Drink 10 gulps every 20 minutes.															
Heat Index: 80-89 degrees F							nenda						olonge loors;								very

