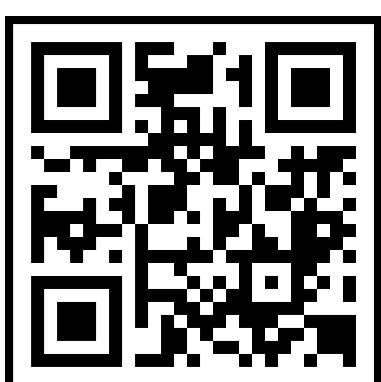


INTERPRETING HEAT INDEX



NWS Heat Index		Temperature (°F)															
		80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
Relative Humidity (%)	40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
	45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
	50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
	55	81	84	86	89	93	97	101	106	112	117	124	130	137			
	60	82	84	88	91	95	100	105	110	116	123	129	137				
	65	82	85	89	93	98	103	108	114	121	128	136					
	70	83	86	90	95	100	105	112	119	126	134						
	75	84	88	92	97	103	109	116	124	132							
	80	84	89	94	100	106	113	121	129								
	85	85	90	96	102	110	117	126	135								
	90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127											
100	87	95	103	112	121	132											

Classification	Heat Index	Effect on the body
Caution	80°F - 90°F	Fatigue possible with prolonged exposure and/or physical activity
Extreme Caution	90°F - 103°F	Heat stroke, heat cramps, or heat exhaustion possible with prolonged exposure and/or physical activity
Danger	103°F - 124°F	Heat cramps or heat exhaustion likely, and heat stroke possible with prolonged exposure and/or physical activity
Extreme Danger	125°F or higher	Heat stroke highly likely



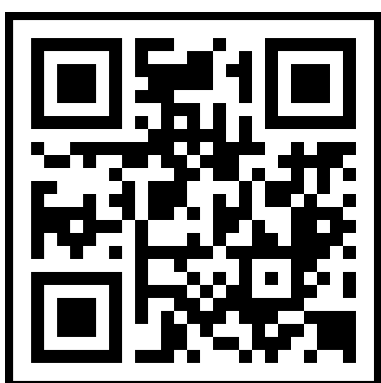
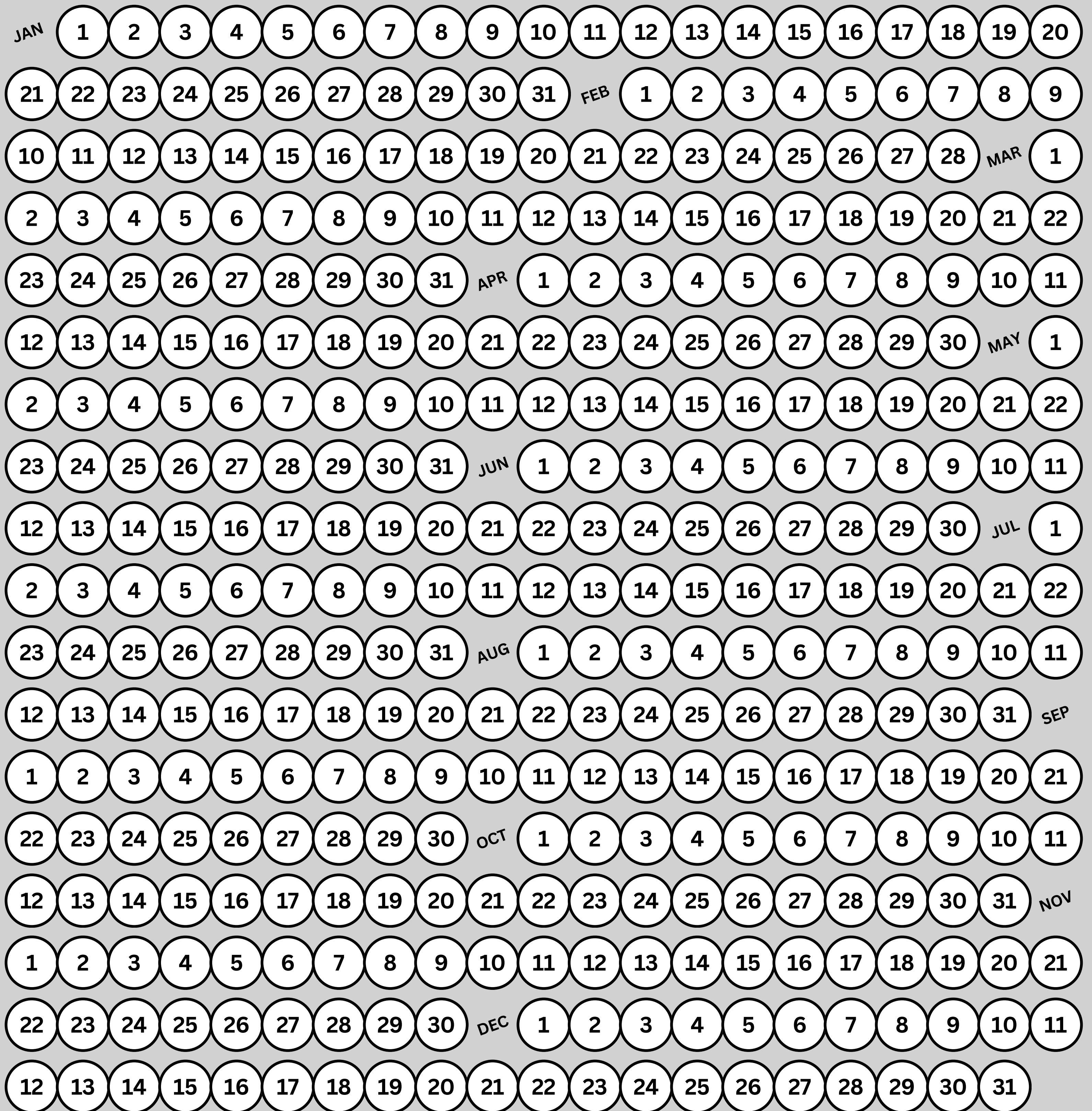
Learn more, take action.

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VISUALIZING HEAT STRESS

today



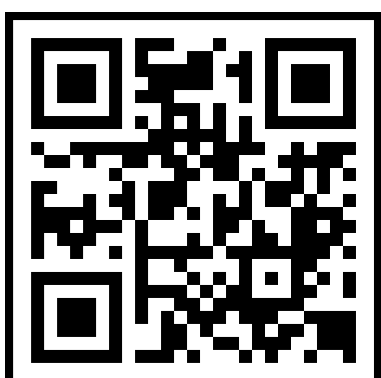
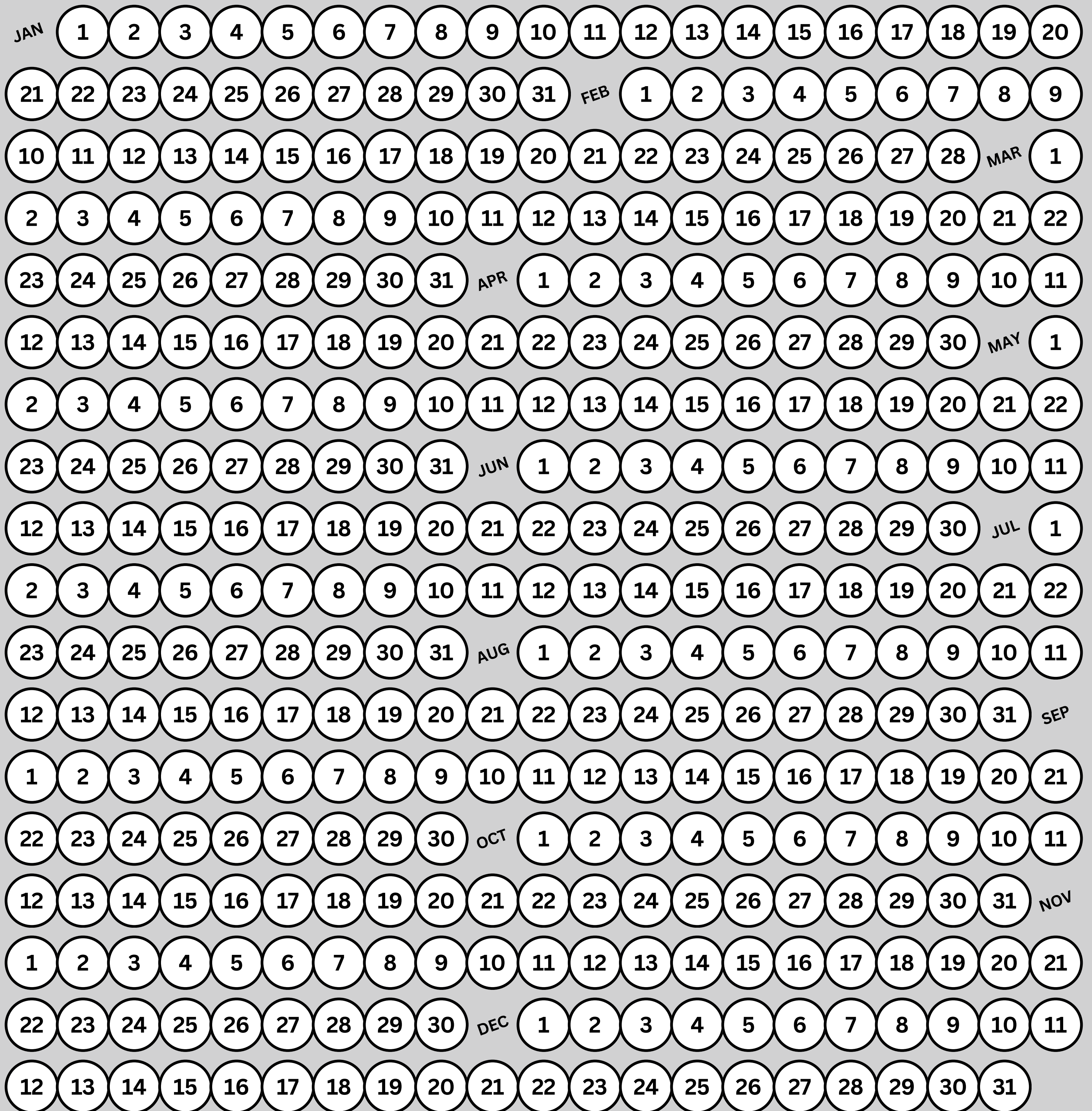
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VISUALIZING HEAT STRESS

Past



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BEAT THE HEAT:

Extreme Heat

Heat-related deaths are preventable

WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity cause the air to be oppressive.

WHO:



Children



Older Adults

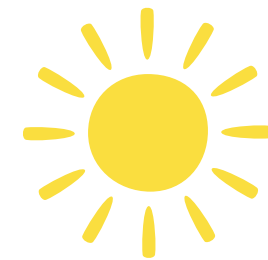


People with Disabilities



Outside Workers

WHERE:



Outside

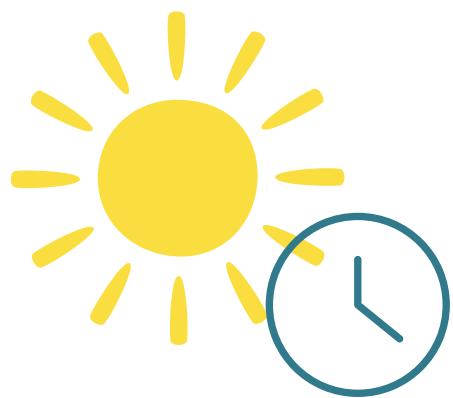


Buildings without Air Conditioning

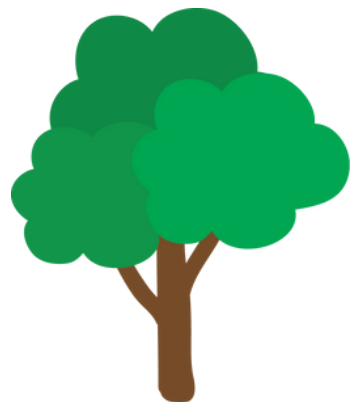


Cars

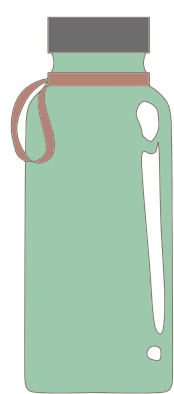
HOW to AVOID:



Reduce time outdoors during peak heat hours



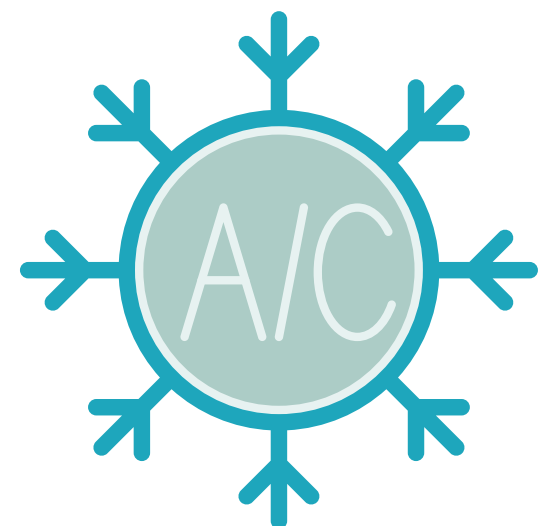
Rest in the shade each hour when temperatures exceed 77°F



Drink 8oz of cooled water every 20 min of high-level activity. Switch to an electrolyte beverage for activity lasting more than 2 hours



Wear light-wight, light colored, loose fitting clothing



Stay cool in an air conditioned environment

HEAT ALERTS:

Know the difference

HEAT OUTLOOK

HEAT WATCHES

HEAT WARNING/ADVISORY

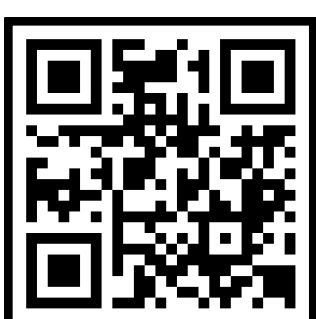
Minor

Excessive heat event in 3 to 7 days

Excessive heat event in 12 to 48 hours

Excessive heat event during next 36 hours

Major



Learn more, take action.

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