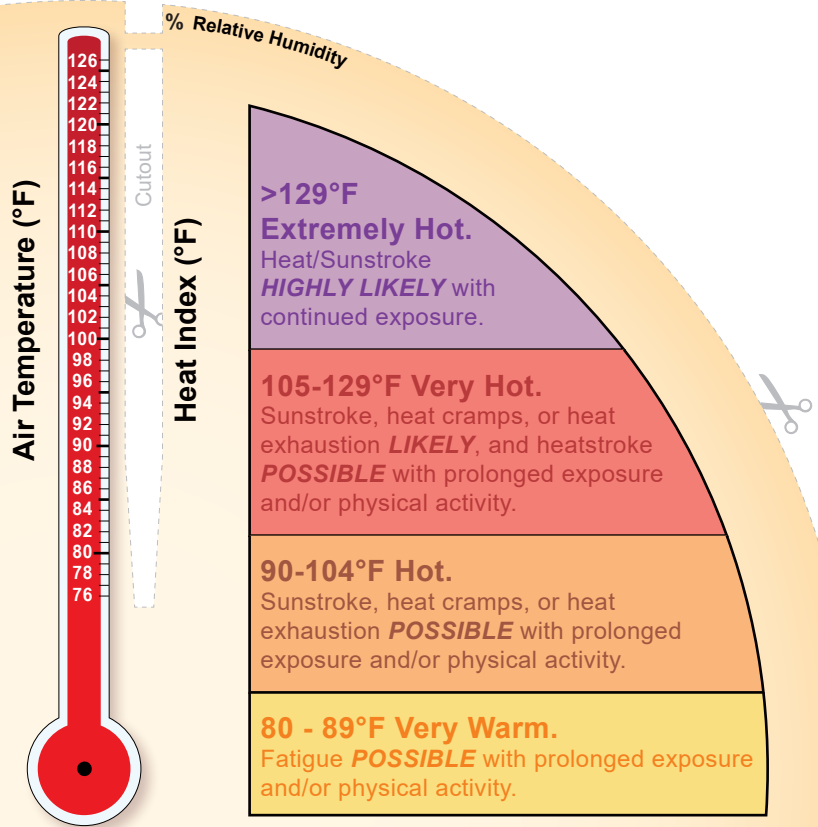


[www.srh.noaa.gov/jetstream](http://www.srh.noaa.gov/jetstream)

JetStream - An Online School for Weather

### Instructions

1. Turn the wheel to the current **humidity** (or round up to nearest even value).
2. Read the Heat Index value opposite the air temperature. (Note: Air temperature values are displayed every 2°F.)
3. Remember, heat index values are for shady conditions only. Exposure to direct sunshine will add up to an additional 15°F.



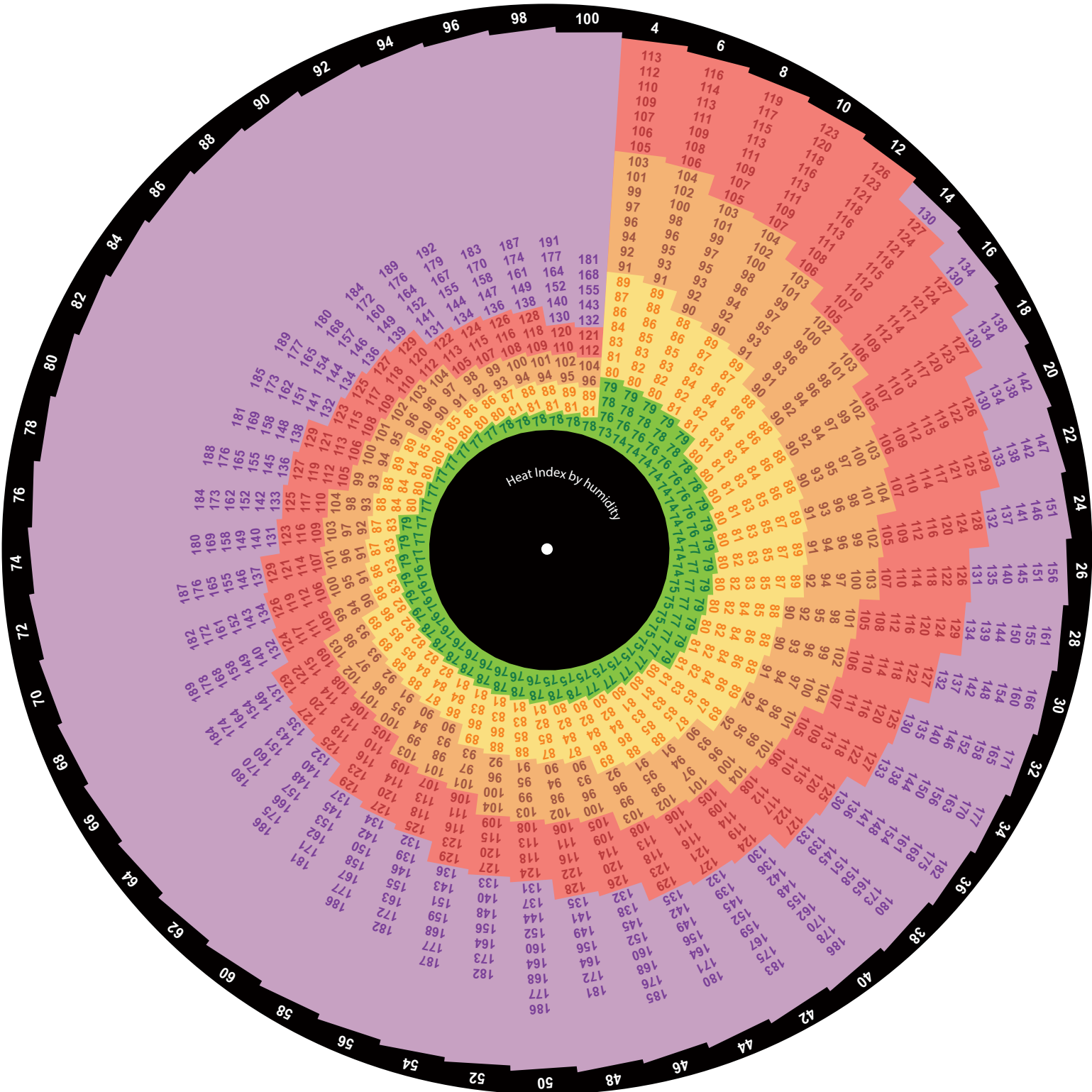
# HEAT INDEX

Temperature & RELATIVE HUMIDITY

National Weather Service







# HEAT EXHAUSTION OR HEAT STROKE

Faint or dizzy  Throbbing headache  
 Excessive sweating  No sweating

Cool, pale, clammy skin  Body temperature above 103°F  
 Red, hot, dry skin 

Nausea or vomiting  Nausea or vomiting  
 Rapid, weak pulse  Rapid, strong pulse 

Muscle cramps  May lose consciousness 

What to do

What to do

Get to a cooler, air conditioned place

**CALL 9-1-1**

Drink water if fully conscious

Take immediate action to cool the person until help arrives

Take a cool shower or use cold compression

