

# HEAT WARNING VS. WATCH

## Excessive Heat Warning — **Take Action!**

An Excessive Heat Warning is issued within 12 hours of the onset of extremely dangerous heat conditions. The general rule of thumb for this Warning is when the maximum heat index temperature is expected to be 105° or higher for at least 2 days and night time air temperatures will not drop below 75°; however, these criteria vary across the country, especially for areas not used to extreme heat conditions. If you don't take precautions immediately when conditions are extreme, you may become seriously ill or even die.

## Excessive Heat Watches — **Be Prepared!**

Heat watches are issued when conditions are favorable for an excessive heat event in the next 24 to 72 hours. A Watch is used when the risk of a heat wave has increased but its occurrence and timing is still uncertain.



Photo: NOAA

Drink plenty fluids in hot weather, even if you aren't thirsty. NOAA

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness

- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

**CALL 9-1-1**

- Take immediate action to cool the person until help arrives

**LEARN MORE ABOUT HEAT SAFETY AT:**

[www.weather.gov/heat](http://www.weather.gov/heat)

**Heat Related Deaths ARE Preventable**  
*LOOK BEFORE YOU LOCK*

The temperature in your car can quickly become deadly!

Outside Temperature 80°

Inside 99° Time Elapsed: 10 Minutes	Inside 109° Time Elapsed: 20 Minutes
Inside 114° Time Elapsed: 30 Minutes	Inside 123° Time Elapsed: 60 Minutes

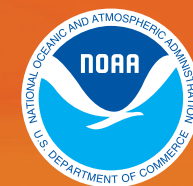
[weather.gov/heat](http://weather.gov/heat)    [nhtsa.gov](http://nhtsa.gov)

# NATIONAL WEATHER SERVICE



# HEAT SAFETY

# FOR YOU AND YOUR FAMILY



# THE HEAT INDEX

The Heat Index is a measure of how hot it really feels when relative humidity is factored in with the actual air temperature. To find the Heat Index temperature, look at the Heat Index Chart below or check our Heat Index Calculator.

As an example, if the air temperature is 96°F and the relative humidity is 65%, the heat index--how hot it feels--is 121°F. The red area without numbers indicates extreme danger. The National Weather Service will initiate alert procedures when the Heat Index is expected to exceed 105°-110°F (depending on local climate) for at least 2 consecutive days.

NWS also offers a Heat Index chart for area with high heat but low relative humidity. Since heat index values were devised for shady, light wind conditions, exposure to full sunshine can increase heat index values by up to 15°F. Also, strong winds, particularly with very hot, dry air, can be extremely hazardous.

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											

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution   
 Extreme Caution   
 Danger   
 Extreme Danger

# DURING A HEAT WAVE

- ✓ **Slow down:** reduce, eliminate or reschedule strenuous activities until the coolest time of the day. Children, seniors and anyone with health problems should stay in the coolest available place, not necessarily indoors.
- ✓ **Dress for summer:** Wear lightweight, loose fitting, light-colored clothing to reflect heat.
- ✓ **Eat light:** Choose easy-to-digest foods such as fruit or salads. If you pack food, put it in a cooler or carry an ice pack. Don't leave it sitting in the sun. Meats and dairy products can spoil quickly in hot weather.
- ✓ **Drink plenty of water (not very cold):** Focus on non-alcoholic and decaffeinated fluids. Drink water even if you don't feel thirsty. If you on a fluid restrictive diet or have a problem with fluid retention, consult a physician before increasing consumption of fluids.
- ✓ **Use air conditioners:** spend time in air-conditioned locations such as malls and libraries if your home isn't air conditioned.
- ✓ **Use portable electric fans:** Fans exhaust hot air from rooms or draw in cooler air. Do not direct the flow of portable electric fans toward yourself when room temperature is hotter

- than 90°F. The dry blowing air will dehydrate you faster, endangering your health.
- ✓ **Minimize direct exposure to the sun.** Sunburn reduces your body's ability to dissipate heat.
- ✓ **Take a cool bath or shower.**
- ✓ **Do not take salt tablets:** Only take salt tablets if recommended by a physician.
- ✓ **Be aware of infants, older, sick, or frail people and pets.** Each year, dozens of children and untold numbers of pets left in parked vehicles die from hyperthermia. Never leave children, disabled adults or pets in a car.
- ✓ **Protect your electronics:** Don't leave cell phones and GPS units sitting in hot cars.
- ✓ **For more heat health tips, go to the Centers for Disease Control and Prevention**



*NEVER leave a baby, senior or pet locked in a car, even for a few minutes. Dozens of infants and untold numbers of pets die every year in hot vehicles.*

For more information, visit

[www.weather.gov/heat](http://www.weather.gov/heat)