



WIND CHILL



Brought to you by the National Weather Service in Wichita, KS
www.weather.gov/wichita

Wind Chill is the temperature it “feels like” outside and is based on the rate of heat loss from exposed skin caused by the effects of wind and cold. As the wind increases, the body is cooled at a faster rate causing the skin temperature to drop. Wind Chill does not impact inanimate objects like car radiators and exposed water pipes, because these objects cannot cool below the actual air temperature.

FROSTBITE: Frostbite is an injury to the body caused by freezing body tissue. The most susceptible parts of the body are the extremities such as fingers, toes, ear lobes, or the tip of the nose. Symptoms include a loss of feeling in the extremity and awhile or pale appearance. Medical attention is needed immediately for frostbite. The area should be SLOWLY re-warmed.

HYPOTHERMIA: Hypothermia is abnormally low body temperature (below 95 degrees Fahrenheit). Warning signs include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. Medical attention is needed immediately. If it is not available, begin warming the body SLOWLY.

WIND CHILL ADVISORY

A wind chill advisory is issued when wind chill temperatures are potentially hazardous.

WIND CHILL WARNING

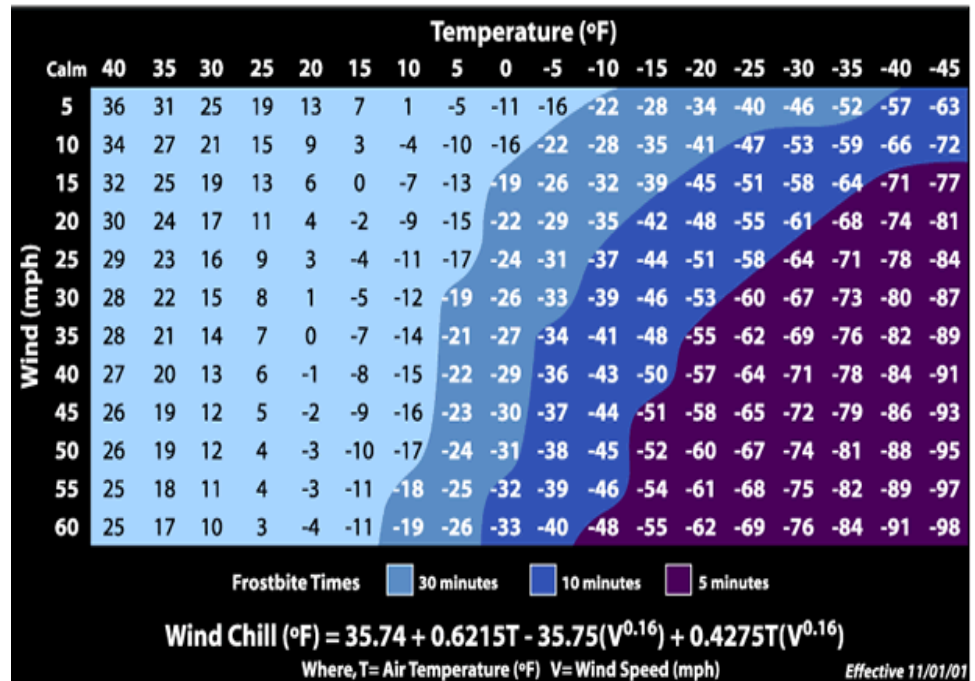
A wind chill warning is issued when wind chill temperatures are life threatening.

Cold Weather Safety

- Wear layers of loose-fitting, lightweight, warm clothing. Trapped air between the layers will insulate you.
- Outer garments should be tightly woven, water repellent and hooded
- Wear a hat, 40% of your body heat can be lost from your head
- Cover your mouth to protect your lungs from extreme cold
- Mittens, snug at the wrist are better than gloves
- Try to stay dry and out of the wind.



NWS Windchill Chart



HEAT WAVE

#1 Weather Related Killer

Heat kills by taxing the human body beyond its abilities. A Heat wave is a prolonged period of excessive heat and humidity. The National Weather Service alerts the public during these periods of excessive heat and humidity.

HEAT INDEX: A number in degrees Fahrenheit that tells how hot it really feels when relative humidity is added to the actual air temperature. Exposure to full sunshine can increase the heat index by 15 degrees Fahrenheit.

HEAT EMERGENCIES:

Heat Cramps: Heat Cramps are muscular pains and spasms due to heavy exertion. Although heat cramps are the least severe, they are an early signal that the body is having trouble with the heat.

Heat Exhaustion: Heat exhaustion typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim may suffer heat stroke

Heat Stroke: Heat stroke is life-threatening. The victim's temperature control system, which produces sweating to cool the body stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.

Sunstroke: Another term for heat stroke.

Heat Wave Safety Tips

Heat Advisory	Excessive Heat Warning
A Heat Advisory is issued when the Heat Index temperatures is potentially hazardous	An Excessive Heat Warning is issued when the Heat Index temperatures are life threatening.

- **Slow Down:** Strenuous activities should be reduced, eliminated or rescheduled to the coolest time of the day.
- **Dress for Summer:** Lightweight light-colored clothing reflects heat and sunlight .
- **Put less fuel on your inner fires.** Foods (like proteins) that increase metabolic heat production also increase water loss.
- **Drink plenty of water or other non-alcohol fluids.** Your body needs water to keep cool.
- **Do not drink alcoholic beverages**
- **Do not take salt tablets unless specified by a physician.**
- **Spend more time in air-conditioned places**
- **Don't get too much sun.**

		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