

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. A wind chill advisory or warning will be issued when conditions may be potentially hazardous and life threatening.

## POSSIBLE IMPACTS DUE TO WIND CHILL

**FROSTBITE**: An injury to the body caused by freezing body tissue. There will be a loss of feeling in affected area with the extremities (fingers, toes, ear lobes or the tip of the nose) being the most susceptible parts of the body. Medical attention is needed immediately. The area should be SLOWLY rewarmed.

**HYPOTHERMIA:** 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.



	Temperature (°F)																		
1	Calm	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
Wind (mph)	5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63
	10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72
	15	32	25	19	13	б	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77
	20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81
	25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84
	30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87
	35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89
	40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91
	45	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	- <b>79</b>	-86	-93
	50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95
	55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97
	60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98
Frostbite Times 🗾 30 minutes 📃 10 minutes 🚺 5 minutes																			
Wind Chill (°F) = 35.74 + 0.6215T - 35.75(V <sup>0.16</sup> ) + 0.4275T(V <sup>0.16</sup> ) Where,T= Air Temperature (°F) V=Wind Speed (mph) Effective 11/01/01																			

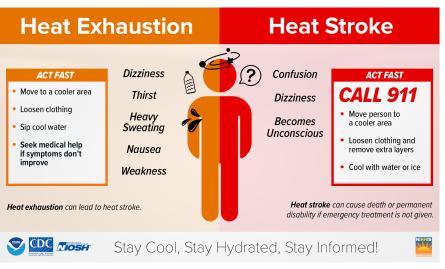


www.weather.gov/safety/cold



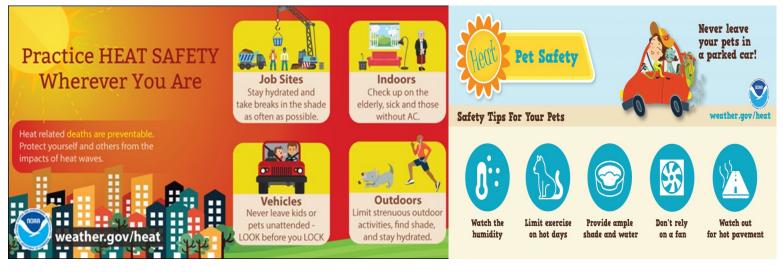
Heat kills by taxing the human body beyond its abilities. A heat wave is a prolonged period of excessive heat and humidity. The National Weather Service alerts the public during these periods of excessive heat and humidity. Heat index is a way to measure heat stress. A heat advisory or warning will be issued when conditions may be potentially hazardous and life threatening.

**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.



## **Safety Tips**

- 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.
- Eat light and easy to digest foods such as fruit or salads.
- Drink plenty of water or other nonalcohol fluids. Avoid alcohol beverages. Your body needs water to keep cool. Drink even if you don't feel thirsty.
- Avoid alcoholic beverages.
- Spend more time in air-conditioned places.
- Don't get too much sun.
- Where's baby? Look before you lock. Never leave children, disabled adults or pets in a vehicle.



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