The ‘Heat Index’ is a measure of how the hot weather "feels" to the body. This table uses relative humidity and air temperature to produce the “apparent temperature” or the temperature the body “feels”. These values are for shady locations only. 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 as the wind adds heat to the body.

**Heat Index/Apparent Temperature**

<table>
<thead>
<tr>
<th>Heat Index/Apparent Temperature</th>
<th>General Affect on People in High Risk Groups</th>
</tr>
</thead>
<tbody>
<tr>
<td>130°F</td>
<td>Heat/Sunstroke HIGHLY LIKELY with continued exposure</td>
</tr>
<tr>
<td>105°F - 129°F</td>
<td>Sunstroke, heat cramps, or heat exhaustion LIKELY, and heatstroke POSSIBLE with prolonged exposure and/or physical activity</td>
</tr>
<tr>
<td>90°F - 104°F</td>
<td>Sunstroke, heat cramps, or heat exhaustion POSSIBLE with prolonged exposure and/or physical activity</td>
</tr>
<tr>
<td>80°F - 89°F</td>
<td>Fatigue POSSIBLE with prolonged exposure and/or physical activity</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Excessive Heat

Too much heat? What does it look like?

**HEAT EXHAUSTION** OR **HEAT STROKE**

- Faint or dizzy
- Excessive sweating
- Cool, pale, clammy skin
- Nausea or vomiting
- Rapid, weak pulse
- Muscle cramps

- Throbbing headache
- No sweating
- Body temperature above 103°F
- Red, hot, dry skin
- Nausea or vomiting
- Rapid, strong pulse
- May lose consciousness

**WHO IS AT RISK**

- SENIORS
- CHILDREN
- ATHLETES
- OUTDOOR WORKERS

**PREVENTION**

- DRINK WATER
- NO ALCOHOL or CAFFEINE
- COOL SHOWERING
- WEAR LIGHT-WEIGHT CLOTHING
- DO NOT LEAVE PEOPLE/PETS IN CAR
- LIMIT AFTERNOON OUTDOOR TIME

**CALL 9-1-1**

- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compression
- Take immediate action to cool the person until help arrives

Image courtesy of SacramentoReady.org