Instructions
1. Turn the wheel to the current dewpoint (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 & DEW POINT

>129°F
Extremely Hot.
Heat/Sunstroke HIGHLY LIKELY with continued exposure.

105-129°F Very Hot.
Sunstroke, heat cramps, or heat exhaustion LIKELY, and heatstroke POSSIBLE with prolonged exposure and/or physical activity.

90-104°F Hot.
Sunstroke, heat cramps, or heat exhaustion POSSIBLE with prolonged exposure and/or physical activity.

80 - 89°F Very Warm.
Fatigue POSSIBLE with prolonged exposure and/or physical activity.

National Weather Service

There are over 35 lesson plans in the National Weather Service education website JetStream - An Online School for Weather, a free resource at www.weather.gov/jetstream.
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
Get to a cooler, air conditioned place
Drink water if fully conscious
Take a cool shower or use cold compression

CALL 9-1-1
Take immediate action to cool the person until help arrives