

Heat Index

NOAA's National Weather Service Heat Index

Heat Index	General Effect of Heat Index on People in Higher Risk Groups
80 to 89° -- Caution	Fatigue possible with prolonged exposure and/or physical activity
90 to 104° Extreme Caution	Sunstroke, heat cramps and heat exhaustion possible with prolonged exposure and/or physical activity
105 -- 129° -- Danger	Sunstroke, heat cramps or heat exhaustion likely, and heatstroke possible with prolonged exposure and/or physical activity
130° or higher -- Extreme Danger	Heat/Sunstroke highly likely with continued exposure

