## Heat Alert Recommendations

HEAT ALERTS: Know the difference.

**HEAT OUTLOOK (Minor):** Excessive heat event in 3 to 7 days

**HEAT WATCHES:** Excessive heat event in 12 to 48 hours

**HEAT WARNING/ADVISORY (Major):** Excessive heat event in next 36 hours- the heat, or combination of heat and humidity, *is expected to be dangerous* for a large portion of the population. When apparent temperature is 115 and over, it is recommended that outdoor activities be suspended.

The **heat index** is an accurate measure of how hot it really feels (apparent temperature) when the effects of humidity are added to high temperature. In direct sun, it will feel 15 degrees warmer.

NWS	S He	at Ir	ndex		Temperature (°F)											
	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
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					
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	128	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								ne	IAA
95	86	93	100	108	117	127										~ )
100	87	95	103	112	121	132										
		Like	lihood	of He	at Dis	orders	s with	Prolo	nged E	xposi	ire or	Strenu	ious A	ctivity	1	
Caution					Extreme Caution						Danger	r Extreme Danger				

https://www.weather.gov/safety/heat-index