



NATIONAL WEATHER SERVICE

NATIONAL OCEANIC AND ATMOSPHERIC ADMINISTRATION

REVIEWED

By Chris Tighe at 2:34 pm, May 17, 2017



Heat Safety

Heat Watch vs. Warning

Heat Index

During a Heat Wave

Common Heat Related Illnesses

Heat Safety Resources

Heat Safety

Maximum Heat Index Forecast

Children, Pets and Vehicles

Heat Awareness Campaign

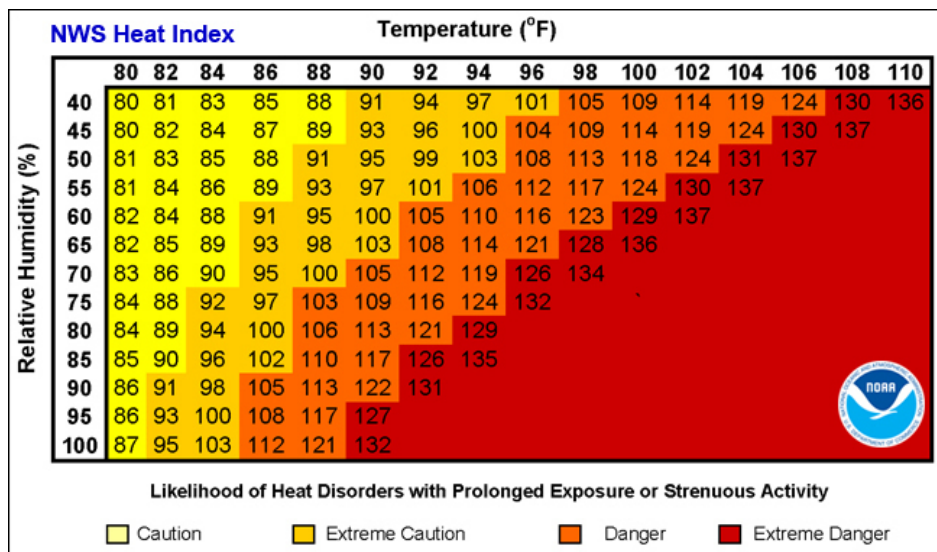
Ultraviolet (UV) Safety

Games and Activities for Kids

Survivor Stories

Education and Outreach

Links, Partners



The Heat Index is a measure of how hot it really feels when [relative humidity](#) is factored in with the actual air temperature. To find the Heat Index temperature, look at the Heat Index Chart above or check our [Heat Index Calculator](#). As an example, if the air temperature is 96°F and the relative humidity is 65%, the heat index--how hot it feels--is 121°F. The red area without numbers indicates extreme danger. The National Weather Service will initiate alert procedures when the Heat Index is expected to exceed 105°-110°F (depending on local climate) for at least 2 consecutive days.

NWS also offers a [Heat Index chart](#) for area with high heat but low relative humidity. Since heat index values were devised for shady, light wind conditions, **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.