Unlike the "relative" in relative humidity, dew points represent an absolute value of moisture and, as such, are a better measure of atmospheric conditions. The dew point is the temperature, at which if the air were cooled to that value, the relative humidity would be 100%.

Classification	Heat Index/Apparent Temperature	General Affect on People in High Risk Groups
Extremely Hot	≥130°F	Heat/Sunstroke HIGHLY LIKELY with continued exposure
Very Hot	105°F - 129°F	Sunstroke, heat cramps, or heat exhaustion LIKELY, and heatstroke POSSIBLE with prolonged exposure and/or physical activity
Hot	90°F - 104°F	Sunstroke, heat cramps, or heat exhaustion POSSIBLE with prolonged exposure and/or physical activity
Very Warm	80°F - 89°F	Fatigue POSSIBLE with prolonged exposure and/or physical activity

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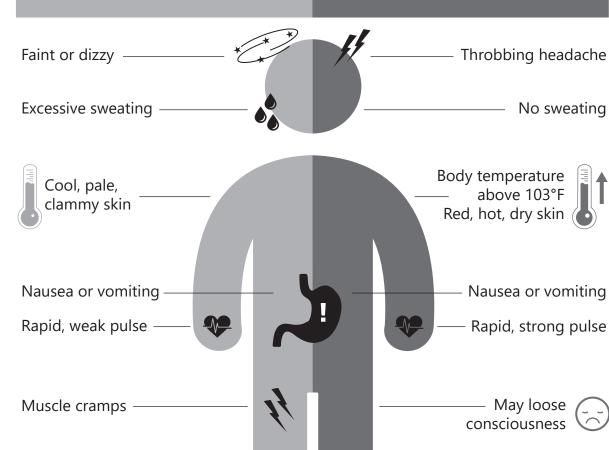
## **Excessive Heat**

## Too much heat? What does it look like?

OR







Get to a cooler, air conditioned place

HEAT

**EXHAUSTION** 

- Drink water if fully conscious
- Take a cool shower or use cold compression

## **CALL 9-1-1**

**HEAT** 

**STROKE** 

• Take immediate action to cool the person until help arrives





