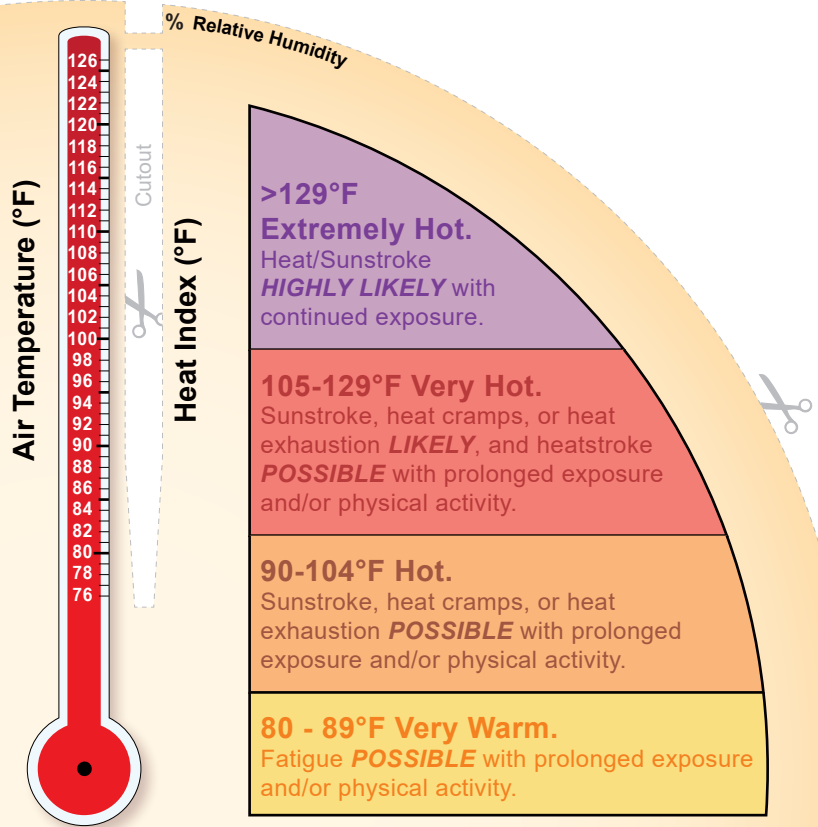


www.srh.noaa.gov/jetstream

JetStream - An Online School for Weather

Instructions

1. Turn the wheel to the current **humidity** (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.

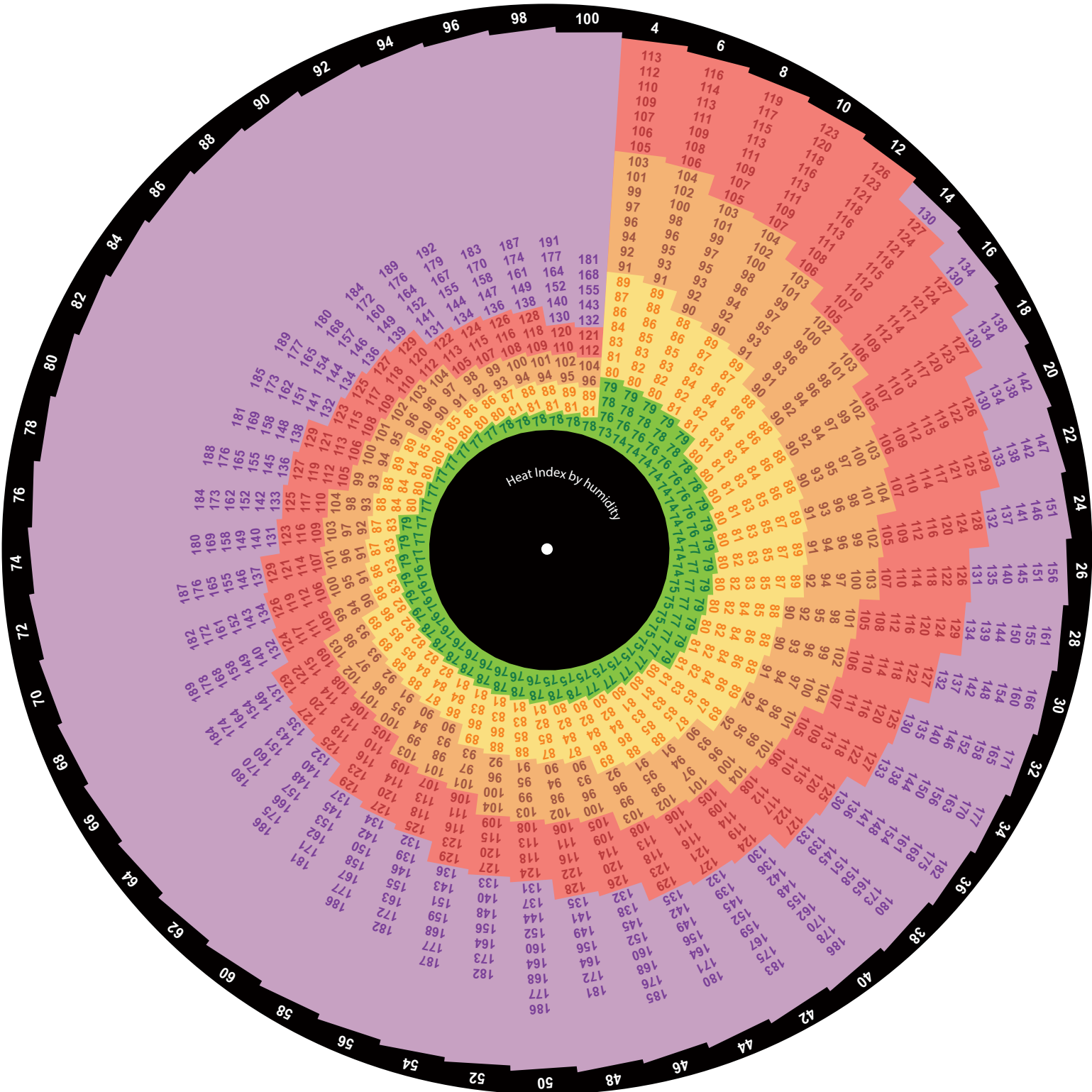


HEAT INDEX

Temperature & RELATIVE HUMIDITY


National Weather Service






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

What to do

Get to a cooler, air conditioned place

CALL 9-1-1

Drink water if fully conscious

Take immediate action to cool the person until help arrives

Take a cool shower or use cold compression

