

# National Weather Service Heat Index

source: <http://www.crh.noaa.gov/pub/heat.htm>

<b>Temperature (F) versus Relative Humidity (%)</b>									
<b>°F</b>	<b>90%</b>	<b>80%</b>	<b>70%</b>	<b>60%</b>	<b>50%</b>	<b>40%</b>	<b>30%</b>	<b>20%</b>	<b>10%</b>
<b>65</b>	<b>65.6</b>	<b>64.7</b>	<b>63.8</b>	<b>62.8</b>	<b>61.9</b>	<b>60.9</b>	<b>60.</b>	<b>59.1</b>	<b>58.1</b>
<b>70</b>	<b>71.6</b>	<b>70.7</b>	<b>69.8</b>	<b>68.8</b>	<b>67.9</b>	<b>66.9</b>	<b>66.</b>	<b>65.1</b>	<b>64.1</b>
<b>75</b>	<b>79.7</b>	<b>76.7</b>	<b>75.8</b>	<b>74.8</b>	<b>73.9</b>	<b>72.9</b>	<b>72.</b>	<b>71.1</b>	<b>70.1</b>
<b>80</b>	<b>88.2</b>	<b>85.9</b>	<b>84.2</b>	<b>82.8</b>	<b>81.6</b>	<b>80.4</b>	<b>79.</b>	<b>77.4</b>	<b>76.1</b>
<b>85</b>	<b>101.4</b>	<b>97.</b>	<b>93.3</b>	<b>90.3</b>	<b>87.7</b>	<b>85.5</b>	<b>83.5</b>	<b>81.6</b>	<b>79.6</b>
<b>90</b>	<b>119.3</b>	<b>112</b>	<b>105.8</b>	<b>100.5</b>	<b>96.1</b>	<b>92.3</b>	<b>89.2</b>	<b>86.5</b>	<b>84.2</b>
<b>95</b>	<b>141.8</b>	<b>131.1</b>	<b>121.7</b>	<b>113.6</b>	<b>106.7</b>	<b>100.9</b>	<b>96.1</b>	<b>92.2</b>	<b>89.2</b>
<b>100</b>	<b>168.7</b>	<b>154.</b>	<b>140.9</b>	<b>129.5</b>	<b>119.6</b>	<b>111.2</b>	<b>104.2</b>	<b>98.7</b>	<b>94.4</b>
<b>105</b>	<b>200</b>	<b>180.7</b>	<b>163.4</b>	<b>148.1</b>	<b>134.7</b>	<b>123.2</b>	<b>113.6</b>	<b>105.8</b>	<b>100.</b>
<b>110</b>	<b>235.</b>	<b>211.2</b>	<b>189.1</b>	<b>169.4</b>	<b>151.9</b>	<b>136.8</b>	<b>124.1</b>	<b>113.7</b>	<b>105.8</b>
<b>115</b>	<b>275.3</b>	<b>245.4</b>	<b>218</b>	<b>193.3</b>	<b>171.3</b>	<b>152.1</b>	<b>135.8</b>	<b>122.3</b>	<b>111.9</b>
<b>120</b>	<b>319.1</b>	<b>283.1</b>	<b>250.</b>	<b>219.9</b>	<b>192.9</b>	<b>169.1</b>	<b>148.7</b>	<b>131.6</b>	<b>118.2</b>

**This chart is based upon shady, light wind conditions.  
Exposure to direct sunlight can increase the HI by up to 15°F.**

<b>HI</b>	<b>Possible Heat Disorder:</b>
<b>80°F - 90°F</b>	<b>Fatigue possible with prolonged exposure and physical activity.</b>
<b>90°F - 105°F</b>	<b>Sunstroke, heat cramps and heat exhaustion possible.</b>
<b>105°F - 130°F</b>	<b>Sunstroke, heat cramps, and heat exhaustion likely, and heat stroke possible.</b>
<b>130°F or greater</b>	<b>Heat stroke highly likely with continued exposure.</b>

**Below is a table comparing Temperature and Dewpoint, with the same disorders possible**

<b>Temperature (Down) versus Dewpoint (across)</b>								
<b>°F</b>	<b>50</b>	<b>55</b>	<b>60</b>	<b>65</b>	<b>70</b>	<b>75</b>	<b>80</b>	<b>85</b>
<b>65</b>	<b>62.7</b>	<b>63.8</b>	<b>65.0</b>	<b>66.6</b>				
<b>70</b>	<b>67.8</b>	<b>68.7</b>	<b>69.8</b>	<b>71.1</b>	<b>72.6</b>			
<b>75</b>	<b>73.1</b>	<b>73.9</b>	<b>74.8</b>	<b>75.9</b>	<b>79.2</b>	<b>80.7</b>		
<b>80</b>	<b>79.8</b>	<b>80.6</b>	<b>81.6</b>	<b>82.8</b>	<b>84.4</b>	<b>86.9</b>	<b>90.9</b>	
<b>85</b>	<b>83.5</b>	<b>84.7</b>	<b>86.1</b>	<b>88.0</b>	<b>90.5</b>	<b>94</b>	<b>99</b>	<b>106.6</b>
<b>90</b>	<b>87.9</b>	<b>89.4</b>	<b>91.2</b>	<b>93.6</b>	<b>96.9</b>	<b>101.2</b>	<b>107.2</b>	<b>115.6</b>
<b>95</b>	<b>92.9</b>	<b>94.5</b>	<b>96.7</b>	<b>99.6</b>	<b>103.4</b>	<b>108.4</b>	<b>115.2</b>	<b>124.3</b>
<b>100</b>	<b>98.1</b>	<b>99.9</b>	<b>102.4</b>	<b>105.6</b>	<b>109.8</b>	<b>115.3</b>	<b>122.7</b>	<b>132.3</b>
<b>105</b>	<b>103.4</b>	<b>105.4</b>	<b>108.1</b>	<b>111.6</b>	<b>116.1</b>	<b>122.0</b>	<b>129.7</b>	<b>139.7</b>
<b>110</b>	<b>108.7</b>	<b>110.9</b>	<b>113.8</b>	<b>117.5</b>	<b>122.3</b>	<b>128.4</b>	<b>136.3</b>	<b>146.5</b>