

# National Weather Service Heat index

Temperature (degrees in Fahrenheit)

		80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110	
Relative humidity (percentage)	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	137					
	65	82	85	89	93	98	103	108	114	121	128	136						
	70	83	86	90	95	100	105	112	119	126	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										
	95	86	93	100	108	117	127											
100	87	95	103	112	121	132												

Caution
  Extreme caution
  Danger
  Extreme danger

**Likelihood of heat disorders with prolonged exposure or strenuous activity**

National Oceanic and Atmospheric Administration's heat index chart shows how heat and humidity combine for dangerous temperatures