Heat Index Chart

Temperature (°F) vs. Relative Humidity

	10%	15%	20%	25%	30%	35%	40%	45%	50%	55%	60%	65%	70%	75%	80%
115	111	115	120	127	135	143	151								
110	105	108	112	117	123	130	137	143	151						
105	100	102	105	109	113	118	123	129	135	142	149				
100	95	97	99	101	104	107	110	115	120	126	132	136	144		
95	90	91	93	94	96	98	101	104	107	110	114	119	124	130	136
90	85	86	87	88	90	91	93	95	96	98	100	102	106	109	113
85	80	81	82	83	84	85	86	87	88	89	90	91	93	95	97
80	75	76	77	77	78	79	79	80	81	81	82	83	85	86	86
75	70	71	72	72	73	73	74	74	75	75	76	76	77	77	78

Heat Index/Heat Disorders

Heat Index	Possible heat disorders for people in higher risk groups
130 or higher	Heatstroke/sunstroke highly likely with continued exposure.
105-130	Sunstroke, heat cramps or heat exhaustion likely, and heat stroke possible with prolonged exposure and/or physical activity.
90-105	Sunstroke, heat cramps and heat exhaustion possible with prolonged exposure and/or physical activity.
80-90	Fatigue possible with prolonged exposure and/or physical activity.

Source: National Weather Service