

Heat Index and Recommended Changes in Activity Levels Related to Outdoor Activities

[Click Here for Apparent Temperature](#)

	Never leave children in a closed vehicle at any time	Low	Guarded	Elevated	High	Severe	Warning Signs
		Heat Index (HI) below 85°F	Heat Index (HI) 85°F-94°F	Heat Index (HI) 95°F-99°F	Heat Index (HI) 100°F-104°F	Heat Index (HI) 105°F or above	Heat Stroke
Children under 15		Provide ample water. Minimal risk of heat related stress but should always observe for signs	Provide ample water and give breaks, Light colored/unrestrictive clothing, head covering, Watch for signs of heat stress	Give water regularly, Mandatory water/cooling breaks, minimal outfits, Reduce time of activities, move indoors or postpone until later in the day	Give water frequently, Mandatory water/shade breaks, change to light colored dry shirts and shorts, Move indoors with A/C and watch closely	Provide ample water, Stop all outside activity in practice and/or play and stop all inside activity if air conditioning is unavailable, Find air conditioned area ASAP and watch children closely	<ul style="list-style-type: none"> ☼ Throbbing headache ☼ Dizziness ☼ Nausea <ul style="list-style-type: none"> ☼ High body temperature ☼ Rapid, strong pulse ☼ Red, hot, and dry skin
School Age & Adult Athletes		Provide ample water. Minimal risk of heat related stress but should always observe for signs	Provide ample water with breaks every 30 minutes, Ice-down towels available for cooling, Watch athletes carefully for signs of heat stress	Give water regularly with Mandatory water breaks every 30 min, Minimize equipment, Ice Towels, Reduce outside activities, Re-check (HI) every 30 minutes, Watch for signs	Give water, all they need, Mandatory water/shade breaks, Ice towels, remove uniform items as possible, change to dry shirts and shorts, reduced time outside	Provide ample water Stop all outside activity in practice and/or play and stop all inside activity if air conditioning is unavailable, Find air conditioned area ASAP	
Healthy Adults 15 to 60		Provide ample water. Minimal risk of heat related stress but should always observe for signs	Provide ample water, Seek shade and take water breaks, Light colored/unrestrictive clothing, Watch for signs of heat stress	Drink plenty of water, Light colored/unrestrictive clothing, postpone activity to later in the day. Check HI every 30 minutes, Watch closely for signs of heat stress	Water/shade breaks frequently, Light colored/unrestrictive clothing, change to dry shirts and shorts, Move indoors with A/C as much as possible	Provide ample water, Minimize all outside activity and all inside activity if air conditioning is unavailable, Find air conditioned area ASAP	
Adults 15 – 60 with health concerns or Adults over 60.	Provide ample water and head covering. Minimal risk of heat related stress but should always observe for signs	Provide ample water, Shaded water breaks every 30 minutes for 10 minutes, Light colored/unrestrictive clothing and head covering Watch closely for signs of heat stress	Drink plenty of water, Mandatory water/shade breaks, Postpone activity to later or indoors, Monitor closely for symptoms and check on regularly,	Drink plenty of water, Mandatory water/shade breaks, change to dry light colored clothing as needed, head covering, Move indoors with air conditioning	Provide ample water, Stop all outside activity and find air conditioned area ASAP Watch closely for signs of heat stress and take immediate action if needed, Check on often	<ul style="list-style-type: none"> ☼ Heavy sweating ☼ Paleness ☼ Muscle cramps <ul style="list-style-type: none"> ☼ Clammy, moist skin ☼ Nausea or vomiting ☼ Breathing: Fast and shallow 	

Reference sources:

- <http://www.crh.noaa.gov/pub/heat.php>
- <http://www.khsaa.org/sportsmedicine/heat/kmaheatrecommndation2007.pdf>
- http://www.uil.utexas.edu/athletics/health/heat_stress.html
- <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5932a1.htm>

