



## South Jersey Weather Center HEAT INDEX CHART

Relative Humidity	Air Temperature (Degrees F)										
	70	75	80	85	90	95	100	105	110	115	120
	Apparent Temperature										
0%	64	69	73	78	83	87	91	95	99	103	107
10%	65	70	75	80	85	90	95	100	105	111	116
20%	66	72	77	82	87	93	99	105	112	120	130
30%	67	73	78	84	90	96	104	113	123	135	148
40%	68	74	79	86	93	101	110	123	137	151	
50%	69	75	81	88	96	107	120	135	150		
60%	70	76	82	90	100	114	132	149			
70%	70	77	85	93	106	124	144				
80%	71	78	86	97	113	136	157				
90%	71	79	88	102	122	150	170				
100%	72	80	91	108	133	166					

**Note: Exposure to full sunshine can increase HI values by up to 15 degrees F.**

The Heat Index shows the effects of the combination of heat and humidity. The apparent temperature is the heat your body thinks it is. To use the chart locate the temperature along the top row and the humidity along the left hand column. Where the two intersect is the current heat index. It's usually hotter than you think!

<b>80-89 degrees</b>	-- Fatigue is possible with prolonged exposure and/or physical activity.
<b>90-104 degrees</b>	-- Sunstroke, heat cramps and heat exhaustion are possible with prolonged exposure and/or physical activity.
<b>105-129 degrees</b>	-- Sunstroke, heat cramps and heat exhaustion are likely. heat stroke is possible with prolonged exposure and/or physical activity.
<b>130+ degrees</b>	-- Heatstroke/Sunstroke is highly likely with continued exposure.

Tune to NewsChannel 40 - NBC and [www.nbc40.net](http://www.nbc40.net) for the latest weather updates.

Thanks for watching!

### Dan Skeldon and Monica Ott

Your South Jersey Weather Team