

## HEAT INDEX (F\*)

### Relative Humidity (%)

	40	45	50	55	60	65	70	75	80	85	90	95	100
110	136												
108	130	137											
106	124	130	137										
104	119	124	131	137									
102	114	119	124	130	137								
100	109	114	118	124	129	136							
98	105	109	113	117	123	128	134						
96	101	104	108	112	116	121	126	132					
94	97	100	100	106	110	114	119	124	129	135			
92	94	96	99	101	105	108	112	116	121	125	131		
90	91	93	95	97	100	103	106	109	110	117	122	127	132
88	88	89	91	93	95	98	100	103	106	110	113	117	121
86	85	87	88	89	91	93	95	97	100	102	105	108	112
84	83	84	85	86	88	89	90	92	94	96	98	100	103
82	81	82	83	84	84	85	86	88	89	90	91	93	95
80	80	80	81	81	82	82	83	84	84	85	86	86	87

**Extreme Danger: Heat Index of 130\* or higher:  
Heat Stroke or Sunstroke Highly Likely**

**Danger: Heat Index of 105\* to 129\*:  
Sunstroke, Muscle Cramps, and /or Heat Exhaustion Likely**

**Extreme Caution: Heat Index of 90\* to 104\*:  
Sunstroke, Muscle Cramps, and /or Heat Exhaustion Possible with Prolonged Exposure and / or Physical Activity**

**Caution: Heat Index of 80\* to 89\*:  
Fatigue Possible with Prolonged Exposure and / or Physical Activity**

**When does the HEAT INDEX present a danger?**

The air temperature needs to be at least 80\* F with a relative humidity of at least 40% before the HEAT INDEX becomes a health concern.

Here in Colorado, our climate is dry and in the summer months, the relative humidity rarely will get near 40%.

**What is HEAT INDEX?**

**Heat index is a measure of how hot it feels when relative humidity is added to actual air temperature.**

Air Temperature (F)

# HEAT Days User Notices

This Quick Reference is designed to show the process for HEAT days in IC.

**Requirements**

Begin this process once a HEAT day has been determined for tomorrow.

**Change User Notice**

- From the Index tab, User Communication>User Notices
- From the list of notices, click on the HEAT day notice to edit.
- Modify the start and end dates of the notice to indicate today as the start date, and tomorrow as the end date.

- Modify the heading of the message to indicate the actual day of the early release for the HEAT day.
- Similarly, modify the body of the message.
- Then click Save.

7. The message should appear now on the Index page.

**Abraham Lincoln Heat Day:**

Early Release at 11:00 AM on Thursday, August 2nd

Due to the extremely hot weather conditions, students will be released early at 11:00 AM on Thursday, August 2nd. Transportation will adjust accordingly. All after-school activities canceled. If you have questions please call the school main office at 720-423-5000.

School Notices: [08/01/2012 Abraham Lincoln High School]

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