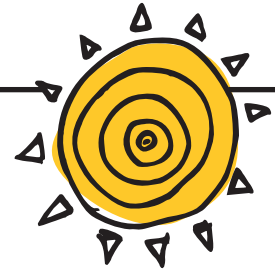


When is it safe to go outside?



Heat Index Chart

(IN FAHRENHEIT %)

		RELATIVE HUMIDITY (PERCENT)												
		40	45	50	55	60	65	70	75	80	85	90	95	100
AIR TEMPERATURE (F)	80	80	80	81	81	82	82	83	84	84	85	86	86	87
	84	83	84	85	86	88	89	90	92	94	96	98	100	103
	90	91	93	95	97	100	103	105	109	113	117	122	127	132
	94	97	100	103	106	110	114	119	124	129	135			
	100	109	114	118	124	129	130							
104	119	124	131	137										

■ DANGER

■ CAUTION

■ COMFORTABLE FOR OUTDOOR PLAY

80°
or below is considered comfortable

90°
beginning to feel uncomfortable

100°
uncomfortable and may be hazardous

110°
considered dangerous

Weather Guidelines for Children – All temperatures are in degrees Fahrenheit

HOW TO PROTECT CHILDREN FROM THE SUN

- 1 SEEK SHADE.** UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella, or a pop-up tent.
- 2 COVER UP.** When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more.
- 3 GET A HAT.** Hats that shade the face, scalp, ears, and neck are easy to use and give great protection. Baseball caps are popular among kids, but they don't protect their ears and neck. If your child chooses a cap, be sure to protect exposed areas with sunscreen.
- 4 WEAR SUNGLASSES.** They protect your child's eyes from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- 5 APPLY SUNSCREEN.** Use sunscreen with at least SPF 15 and UVA and UVB (broad spectrum) protection every time your child goes outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors. Don't forget to protect ears, noses, lips, and the tops of feet.

Content source: Division of Cancer Prevention and Control, Centers for Disease Control and Prevention