

EXCLUSIVE REALFEEL[®] TEMPERATURE GUIDE

The exclusive and patented AccuWeather RealFeel[®] Temperature has been the gold standard to advise people of how weather conditions really feel. Now, this new AccuWeather RealFeel[®] Guide empowers you to take full advantage of the index, detailing its meaning and impact to enhance your safety and comfort as well as being prepared for extreme conditions.

133 to 140°_F
(56 to 60°_C)

EXTRAORDINARILY DANGEROUS HEAT

125 to 132°_F
(51 to 55°_C)

EXTREMELY DANGEROUS HEAT

116 to 124°_F
(46 to 50°_C)

VERY DANGEROUS HEAT

- Extraordinary caution advised. Very high danger of dehydration, heat stroke, heat exhaustion and heat cramps.
- Stay indoors in air conditioning or, if air conditioning is not available, in a well-ventilated area away from direct sun exposure.
- Outdoor activity is dangerous and potentially life-threatening.
- Loose fitting, light colored cotton clothing is recommended.

- Extreme caution advised. High danger of dehydration, heat stroke, heat exhaustion, and heat cramps.
- Stay indoors in air conditioning or, if air conditioning is not available, in a well-ventilated area away from direct sun exposure.
- Most outdoor activity is dangerous and potentially life-threatening.
- Loose fitting, light colored cotton clothing is recommended.

- Significant caution advised. Danger of dehydration, heat stroke, heat exhaustion, and heat cramps.
- Stay indoors in air conditioning or, if air conditioning is not available, in a well-ventilated area away from direct sun exposure.
- Most outdoor activity is dangerous, especially for older adults, infants, and those with sensitive medical conditions.
- Loose fitting, light colored cotton clothing is recommended.

108 to 115°_F
(42 to 45°_C)

DANGEROUS HEAT

101 to 107°_F
(38 to 41°_C)

VERY HOT

90 to 100°_F
(32 to 37°_C)

HOT

- Caution advised. Danger of dehydration, heat stroke, heat exhaustion, and heat cramps if outside for extended periods, and especially while doing strenuous activities.
- Stay indoors in air conditioning or, if air conditioning is not available, in a well-ventilated area away from direct sun exposure.
- Minimize outdoor activity, especially for older adults, infants, and those with sensitive medical conditions.
- Loose fitting, light colored cotton clothing is recommended.

- Caution advised.
- Danger of dehydration, heat stroke, heat exhaustion, and heat cramps if outside for extended periods, and especially while doing strenuous activities.
- Older adults, infants, and those with sensitive medical conditions, should minimize outdoor activity and stay indoors in an air-conditioned location or, if air conditioning is not available, in a well-ventilated area away from direct sun exposure.
- Loose fitting, light colored cotton clothing is recommended.

- Caution advised.
- Possible danger of dehydration, heat stroke, heat exhaustion, and heat cramps while doing strenuous activities.
- Older adults, infants, and those with sensitive medical conditions, should minimize outdoor activity and stay indoors in an air-conditioned location, if possible.
- Loose fitting, light colored cotton clothing is recommended.

82 to 89°_F
(27 to 31°_C)

VERY WARM

63 to 81°_F
(17 to 26°_C)

PLEASANT

53 to 62°_F
(11 to 16°_C)

COOL

- Older adults, infants, and those with sensitive medical conditions, should minimize outdoor activity, especially in the sunshine.
- Loose fitting, light colored cotton clothing is recommended.

• Most consider this temperature range ideal.

- Light jacket or sweater may be appropriate.

40 to 52°_F
(4 to 10°_C)

CHILLY

25 to 39°_F
(-3 to 3°_C)

COLD

10 to 24°_F
(-12 to -4°_C)

VERY COLD

- Jacket or sweater is recommended.

- Coats and hats are appropriate, consider gloves and a scarf.

- Caution advised.
- Older adults, infants, and those with sensitive medical conditions, should be well dressed to protect from hypothermia and frostbite. Coat, hat, gloves and a scarf are appropriate.

-10 to 9°_F
(-23 to -13°_C)

QUITE COLD

-24 to -11°_F
(-31 to -24°_C)

BITTERLY COLD

-43 to -25°_F
(-41 to -32°_C)

DANGEROUS COLD

- Caution advised.
- Frostbite to exposed skin within 15 minutes. Hypothermia likely without protective clothing.
- Limited outdoor activity recommended. Wear winter clothing that covers as much of the body as possible.

- Caution advised.
- Frostbite to exposed skin within 8 minutes. Hypothermia likely without protective clothing.
- Outdoor activity can be dangerous and should be avoided or limited. Wear thick winter clothing that covers as much of the body as possible.

- Significant caution advised.
- Frostbite to exposed skin within 2 minutes. Hypothermia likely without proper protective clothing.
- Outdoor activity can be dangerous and should be avoided or limited. Wear thick winter clothing that covers nearly all exposed skin.

-69 to -44°_F
(-56 to -42°_C)

VERY DANGEROUS COLD

-90 to -70°_F
(-67 to -57°_C)

EXTREMELY DANGEROUS COLD

-120 to -91°_F
(-84 to -68°_C)

EXTRAORDINARILY DANGEROUS COLD

- Great caution advised.
- Frostbite to exposed skin within 1 minute. Hypothermia likely without proper protective clothing.
- Outdoor activity is very dangerous and potentially life-threatening. Stay in a heated area or, if outdoor activity is necessary, it should be limited to a few minutes and only if all skin surfaces are covered.

- Extreme caution advised.
- Frostbite to exposed skin within 30 seconds. Hypothermia likely without proper protective clothing.
- Outdoor activity is extremely dangerous and life-threatening. Stay in a heated area or, if outdoor activity is absolutely necessary, it should be limited to a few minutes and only if all skin surfaces are covered.

- Extraordinary caution advised.
- Frostbite to exposed skin within 20 seconds. Hypothermia likely without proper protective clothing over all skin surfaces.
- Outdoor activity is extraordinarily dangerous and life-threatening. Stay in a heated area.