Humidity makes air feel even hotter

High temperatures combined with humidity not only provide uncomfortable conditions, but they can be deadly. Humidity reduces the amount of evaporation of sweat, which makes it difficult for the body to cool. A person might suffer heat-related illnesses, such as heat cramps or heat strokes, if he or she were exposed to such heat for an extended period of time.

Extreme danger
130¡ and above
Heat stroke imminent

Danger
105¡-129¡
Heat exhaustion likely

Extreme caution
90¡-104¡
Heat cramps, exhaustion possible

Caution
80¡-89¡
Exercise more tiring than usual

Air temperature	0	5%	10%	15%	20%	25%	30%	35%	40%	45%	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	100%
140¡	125																				
135¡	120	128																			
130¡	117	122	131																		
125¡	111	116	123	131	141																
120¡	107	111	116	123	130	139	148														
115¡	103	107	111	115	120	127	135	143	151												
110¡	99	102	105	108	112	117	123	130	137	143	150										
105¡	95	97	100	102	105	109	113	116	123	129	135	142	149								
100¡	91	93	95	97	99	101	104	107	110	115	120	126	132	138	144						
95¡	87	88	90	91	93	94	96	98	101	104	107	110	114	119	124	130	136				
90¡	83	84	85	86	87	88	90	91	93	95	96	98	100	102	106	109	113	117	122		
85¡	78	79	80	81	82	83	84	85	86	87	88	89	90	91	93	95	97	99	102	105	108
80¡	73	74	75	76	77	77	78	79	79	80	81	81	82	83	85	86	86	87	88	89	91
75¡	69	69	70	71	72	72	73	73	74	74	75	75	76	76	77	77	78	78	79	79	80
70¡	64	64	65	65	66	66	67	67	68	68	69	69	70	70	70	71	71	71	71	71	72

Relative humidity
(the amount of water in the air compared with the amount of water the air can hold at that temperature)

Source: National Oceanic and Atmospheric Administration

By Frank Pompa, USA TODAY