## 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 140<sub>i</sub> danger 135<sub>i</sub> 120 128 130; and above Heat stroke 130<sub>i</sub> 122 131 imminent 125<sub>i</sub> 120<sub>i</sub> 130 139 148 Danger 105<sub>i</sub>-129<sub>i</sub> Air temperature 115; 120 127 Heat exhaustion 110; likely 105; Extreme 100i caution 95<sub>i</sub> 130 136 90<sub>j</sub>-104<sub>j</sub> Heat cramps, 90i 113 117 122 exhaustion 85; possible 80<sub>i</sub> Caution 75<sub>i</sub> 80;-89; 70<sub>i</sub> Exercise more 5% 10% 15% 20% 25% 30% 35% 40% 45% 50% 55% 60% 65% 70% 75% 80% 85% 90% 95% 100% tiring than usual 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

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