

How Do I Find My “Heatrisk” Level? (Is It Too Hot for Outdoor Physical Activities?)

National Weather Service **HeatRisk** Prototype. Map and grid (and definition of “heat sensitive groups” in Overview Tab) available on the [NWS website](#).

Color	Level	Meaning	Who/what is at risk?	For those at risk, what actions can be taken?
Green	0	<ul style="list-style-type: none"> Level of heat poses little to no risk 	<ul style="list-style-type: none"> No elevated risk 	<ul style="list-style-type: none"> No preventative actions necessary
Yellow	1	<ul style="list-style-type: none"> Heat of this type is tolerated by most; however, there is a low risk for sensitive groups to experience health effects 	<ul style="list-style-type: none"> Primarily those who are extremely sensitive to heat 	<ul style="list-style-type: none"> Increase hydration Reduce time spent outdoors or stay in the shade when the sun is strongest Open windows at night and use fans to bring cooler air inside buildings
Orange	2	<ul style="list-style-type: none"> Moderate risk for members of heat sensitive groups to experience health effects Some risk for the general population who are exposed to the sun and are active For those without air conditioning, living spaces can become uncomfortable during the day, but should cool below dangerous levels at night 	<ul style="list-style-type: none"> Primarily heat sensitive or vulnerable groups, especially those without effective cooling or hydration, or those not acclimated to that level of heat (i.e. visitors) Some transportation and utilities sectors 	<ul style="list-style-type: none"> Reduce time in the sun between 10 a.m. and 4 p.m. Stay hydrated Stay in a cool place during the heat of the day Move outdoor activities to cooler times of the day Open windows at night
Red	3	<ul style="list-style-type: none"> High Risk for much of the population who are 1) exposed to the sun and active or 2) are in a heat sensitive group, or 3) visiting a warmer climate and exposed to sun/heat Dangerous to anyone without proper hydration or adequate cooling Poor air quality is possible Power interruptions may occur as electrical demands increase 	<ul style="list-style-type: none"> Much of the population, especially people who are heat sensitive and those without effective cooling or hydration Those exposed to the heat/sun at outdoor venues Transportation and utilities sectors 	<ul style="list-style-type: none"> Try to avoid being outdoors in the sun between 10 a.m. and 4 p.m. Stay hydrated Stay in a cool place especially during the heat of the day If you have access to air conditioning, use it. Even a few hours in a cool location can lower risk. Fans may not be adequate Cancel outdoor activities during the heat of the day
Magenta	4	<ul style="list-style-type: none"> Very High Risk for entire population Very dangerous to anyone without proper hydration or adequate cooling This is a multi-day excessive heat event. A prolonged period of heat is dangerous for everyone not prepared Poor air quality is likely Power outages are increasingly likely as electrical demands may reach critical levels 	<ul style="list-style-type: none"> Entire population is at risk For heat sensitive groups, especially people without effective cooling, this level of heat can be deadly Most transportation and utilities sectors 	<ul style="list-style-type: none"> Avoid being outdoors in the sun between 10 a.m. and 4 p.m. Stay hydrated Stay in a cool place, including overnight If you have access to air conditioning, use it. Even a few hours in a cool location can lower risk. Fans will not be adequate Cancel outdoor activities during the heat of the day