Understand the Weather

Wind-Chill
- 30° is **chilly** and generally uncomfortable
- 15° to 30° is **cold**
- 0° to 15° is **very cold**
- -20° to 0° is **bitter cold** with significant risk of frostbite
- -20° to -60° is **extreme cold** and frostbite is likely
- -60° is **frigid** and exposed skin will freeze in 1 minute

Heat Index
- 80° or below is considered **comfortable**
- 90° beginning to feel **uncomfortable**
- 100° **uncomfortable** and may be hazardous
- 110° considered **dangerous**
All temperatures are in degrees Fahrenheit

---

### Child Care Weather Watch

Wind-Chill Factor Chart (in Fahrenheit)

<table>
<thead>
<tr>
<th>Wind Speed in mph</th>
<th>Calm</th>
<th>5</th>
<th>10</th>
<th>15</th>
<th>20</th>
<th>25</th>
<th>30</th>
<th>35</th>
<th>40</th>
</tr>
</thead>
<tbody>
<tr>
<td>40</td>
<td>40</td>
<td>36</td>
<td>34</td>
<td>32</td>
<td>30</td>
<td>29</td>
<td>28</td>
<td>28</td>
<td>27</td>
</tr>
<tr>
<td>30</td>
<td>30</td>
<td>25</td>
<td>21</td>
<td>19</td>
<td>17</td>
<td>16</td>
<td>15</td>
<td>14</td>
<td>13</td>
</tr>
<tr>
<td>20</td>
<td>20</td>
<td>13</td>
<td>9</td>
<td>6</td>
<td>4</td>
<td>3</td>
<td>1</td>
<td>0</td>
<td>-1</td>
</tr>
<tr>
<td>10</td>
<td>10</td>
<td>1</td>
<td>-4</td>
<td>-7</td>
<td>-9</td>
<td>-11</td>
<td>-12</td>
<td>-14</td>
<td>-15</td>
</tr>
<tr>
<td>0</td>
<td>0</td>
<td>-11</td>
<td>-16</td>
<td>-19</td>
<td>-22</td>
<td>-24</td>
<td>-26</td>
<td>-27</td>
<td>-29</td>
</tr>
</tbody>
</table>

- Comfortable for outdoor play
- Caution
- Danger

Heat Index Chart (in Fahrenheit %)

<table>
<thead>
<tr>
<th>Relative Humidity (Percent)</th>
<th>40</th>
<th>45</th>
<th>50</th>
<th>55</th>
<th>60</th>
<th>65</th>
<th>70</th>
<th>75</th>
<th>80</th>
<th>85</th>
<th>90</th>
<th>95</th>
<th>100</th>
</tr>
</thead>
<tbody>
<tr>
<td>80</td>
<td>80</td>
<td>80</td>
<td>80</td>
<td>81</td>
<td>81</td>
<td>82</td>
<td>82</td>
<td>83</td>
<td>84</td>
<td>84</td>
<td>85</td>
<td>86</td>
<td>87</td>
</tr>
<tr>
<td>84</td>
<td>84</td>
<td>83</td>
<td>84</td>
<td>85</td>
<td>86</td>
<td>88</td>
<td>89</td>
<td>90</td>
<td>92</td>
<td>94</td>
<td>96</td>
<td>98</td>
<td>100</td>
</tr>
<tr>
<td>90</td>
<td>91</td>
<td>93</td>
<td>95</td>
<td>97</td>
<td>100</td>
<td>103</td>
<td>105</td>
<td>109</td>
<td>113</td>
<td>117</td>
<td>122</td>
<td>127</td>
<td>132</td>
</tr>
<tr>
<td>94</td>
<td>97</td>
<td>100</td>
<td>103</td>
<td>106</td>
<td>110</td>
<td>114</td>
<td>119</td>
<td>124</td>
<td>129</td>
<td>135</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>100</td>
<td>109</td>
<td>114</td>
<td>118</td>
<td>124</td>
<td>129</td>
<td>130</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>104</td>
<td>119</td>
<td>124</td>
<td>131</td>
<td>137</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Child Care Weather Watch

Watching the weather is part of a child care provider's job. Planning for playtime, field trips, or weather safety is part of the daily routine. The changes in weather require the child care provider to monitor the health and safety of children. What clothing, beverages, and protections are appropriate? 

Clothes: children should maintain a comfortable body temperature (warmer months - lightweight cotton, colder months - wear layers of clothing). Beverages help the body maintain a comfortable temperature. Water or fruit juices are best. Avoid high-sugar content beverages and soda pop. Sunscreen may be used year around. Use a sunscreen labeled as SPF-15 or higher. Read and follow all label instructions for the sunscreen product. Look for sunscreen with UVB and UVA ray protection. Shaded play areas protect children from the sun. &

Green Condition: Children may play outdoors and be comfortable. Watch for signs of children becoming uncomfortable while playing. Use precautions regarding clothing, sunscreen, and beverages for all child age groups.

Infants and Toddlers: are unable to tell the child care provider if they are too hot or cold. Children become fussy when uncomfortable. Infants/toddlers will tolerate shorter periods of outdoor play. Dress infants/toddlers in lightweight cotton or cotton-like fabrics during the warmer months. In cooler or cold months dress infants in layers to keep them warm. Protect infants from the sun by limiting the amount of time outdoors and playing in shaded areas. Give beverages when playing outdoors.

Young Children: remind children to stop playing, drink a beverage, and apply more sunscreen. Older Children: need a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens). They may resist applying sunscreen and drinking beverages while outdoors.

Yellow Condition: use caution and closely observe the children for signs of being too hot or cold while outdoors. Clothing, sunscreen, and beverages are important. Shorten the length of outdoor time.

Infants and Toddlers: follow precautions outlined in Condition Green. Clothing, sunscreen, and beverages are important. Shorten the length of time for outdoor play.

Young Children: may insist they are not too hot or cold because they are enjoying playtime. Older Children: need a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens), applying sunscreen and drinking liquids while playing outdoors.

Red Condition: most children should not play outdoors due to the health risk.

Infants/Toddlers: should play indoors and have ample space for large motor play.

Young Children: may ask to play outside and do not understand the potential danger of weather conditions.

Older Children: may play outdoors for very short periods of time if they are properly dressed, have plenty of fluids. Child care providers must be vigilant about maximum protection of children.

Understand the Weather

The weather forecast may be confusing unless you know the meaning of the words.

Blizzard Warning: There will be snow and strong winds that produce a blinding snow, deep drifts, and life threatening wind chills. Seek shelter immediately.

Heat Index Warning: How hot it feels to the body when the air temperature (in Fahrenheit) and relative humidity are combined.

Relative Humidity: The percent of moisture in the air.

Temperature: The temperature of the air in degrees Fahrenheit.

Wind: The speed of the wind in miles per hour.

Wind Chill Warning: There will be sub-zero temperatures with moderate to strong winds expected which may cause hypothermia and great danger to people, pets and livestock.

Winter Weather Advisory: Weather conditions may cause significant inconveniences and may be hazardous. If caution is exercised, these situations should not become life threatening.

Winter Storm Warning: Severe winter conditions have begun in your area.

Winter Storm Watch: Severe winter conditions, like heavy snow and ice are possible within the next day or two.

Child Care Weather Watch, Iowa Department Public Health, Healthy Child Care Iowa, Produced through federal grant (MCJ19T029 & MCJ19KCC7) funds from the US Department of Health & Human Services, Health Resources & Services Administration, Maternal & Child Health Bureau. Wind-Chill and Heat Index information is from the National Weather Service.