

## What is HeatRisk?

Heat risk is when exposure to extreme temperatures creates a risk to our health.

## How does the HeatRisk work?

The HeatRisk takes into consideration:

1. how significantly above normal the temperatures are at your location,
2. the time of the year (for example, is this early season heat that you likely haven't become used to, or late season heat that you have become more used to),
3. the duration of unusual heat (for example, are temperatures overnight at levels that would lower heat stress, or will warm overnight low temperatures continue to add to heat stress into the next day), and
4. if those temperatures are at levels that pose an elevated risk for heat complications, such as heat stress, based on peer reviewed science.

Category	Level	Meaning
Green	0	No Elevated Risk
Yellow	1	Low Risk for those extremely sensitive to heat, especially those without effective cooling and/or adequate hydration
Orange	2	Moderate Risk for those who are sensitive to heat, especially those without effective cooling and/or adequate hydration
Red	3	High Risk for much of the population, especially those who are heat sensitive and those without effective cooling and/or adequate hydration
Magenta	4	Very High Risk for entire population due to long duration heat, with little to no relief overnight

**NWS Spokane** partners with Spokane Regional Health District, Panhandle Health District, Centers for Disease Control and Prevention, American Red Cross, and OSHA to help spread the word on the danger of Heat Waves and how to best prepare and protect yourself.

## Who are most susceptible to heat?

Heat commonly affects certain groups, typically identified as heat sensitive or heat vulnerable, at lower thresholds than other populations. Some of these groups include:

- The elderly and the very young;
- Those on certain medications and/or those with preexisting conditions which make them more sensitive to heat (your doctor can let you know if this is you);
- Those working outdoors -- especially new workers, temporary workers, or those returning to work after a week or more off;
- Those exercising or doing strenuous activities outdoors during the heat of the day - especially those not used to the level of heat expected, those who are not drinking enough fluids, or those new to that type of activity;
- Those without a reliable source of cooling and/or hydration;
- Those not acclimated to the level of heat expected - especially those who are new to a much warmer climate
- Some economic sectors are also affected by increasing levels of heat, such as energy and transportation.

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**Excessive Heat Watch:** issued when the HeatRisk has the *potential* to reach Level 3 to 4 in the next 24 to 96 hours.

**Excessive Heat Warning:** issued when the HeatRisk is *expected* to reach Level 3 to 4 in the next 24 hours.

**Heat Advisory:** issued when the HeatRisk is *expected* to reach Level 2 to 3 in the next 24 hours.

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NWS "[Beat the Heat](#)" Resources:

CDC [Tips for Preventing Heat-Related Illness](#)

CDC [Info for Specific "Heat Sensitive" Groups](#)

American Red Cross [Heat Wave Safety](#)

Ready.gov [Extreme Heat Resource](#)

OSHA [Heat Educational Resources](#):

Questions? Please contact [Andrew.Brown@noaa.gov](mailto:Andrew.Brown@noaa.gov)