# 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](https://www.weather.gov).

<table>
<thead>
<tr>
<th>Color</th>
<th>Level</th>
<th>Meaning</th>
<th>Who/what is at risk?</th>
<th>For those at risk, what actions can be taken?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green</td>
<td>0</td>
<td>• Level of heat poses <strong>little to no risk</strong></td>
<td>• No elevated risk</td>
<td>• No preventative actions necessary</td>
</tr>
</tbody>
</table>
| Yellow| 1     | • Heat of this type is **tolerated by most**; however, there is a **low risk for sensitive groups** to experience health effects | • Primarily those who are extremely sensitive to heat | • 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     | • **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 | • 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 | • 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     | • **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 | • 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 | • 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     | • **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** | • 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 | • 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 |