

# Understand the Weather

## Wind-Chill



- 30° is **chilly** and generally uncomfortable
- 15° to 30° is **cold**
- 0° to 15° is **very cold**
- -15° to 0° is **bitter cold** with significant risk of **frostbite**
- -15° 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



Changing weather make it necessary for child care providers to monitor those changes throughout the day. Planning for daily playtime or field trips, weather safety is an important part of child care provider's daily routine. Monitoring the weather is an essential part of addressing the health and safety needs of children in child care.

Use this chart and the helpful links below to help plan for safe daily outdoor time.

Wind-Chill Factor Chart (in Fahrenheit)										
		Wind Speed in mph								
		Calm	5	10	15	20	25	30	35	40
Air Temperature	40	40	36	34	32	30	29	28	28	27
	30	30	25	21	19	17	16	15	14	13
	20	20	13	9	6	4	3	1	0	-1
	10	10	1	-4	-7	-9	-11	-12	-14	-15
	0	0	-11	-16	-19	-22	-24	-26	-27	-29
	-10	-10	-22	-28	-32	-35	-37	-39	-41	-43

Comfortable for outdoor play
  Caution
  Danger

Heat Index Chart (in Fahrenheit %)														
		Relative Humidity (Percent)												
		40	45	50	55	60	65	70	75	80	85	90	95	100
Air Temperature (F)	80	80	80	81	81	82	82	83	84	84	85	86	86	87
	84	83	84	85	86	88	89	90	92	94	96	98	100	103
	90	91	93	95	97	100	103	105	109	113	117	122	127	132
	94	97	100	103	106	110	114	119	124	129	135			
	100	109	114	118	124	129	130							
	104	119	124	131	137									

### Websites:

Air Now Air Quality (check by zip code) <https://www.airnow.gov>

National Weather Service Wind Chill/Heat Index <https://www.weather.gov/ctp/ChillHeat>

Caring for Our Children National Resource Center for Health and Safety in Child Care and Early Education 4<sup>th</sup> Ed. [nrckids.org/CFOC](http://nrckids.org/CFOC)

# Child Care Weather Watch

## INFANTS AND TODDLERS

- Are unable to tell you if they are too hot or cold.
- NO sunscreen for infants younger than 6 months. Keep infants out of direct sunlight and stay in the shade. Limit the amount of time outdoors.
- Infants older than 6 months of age and toddlers, apply sunscreen to all exposed areas avoiding eyes.
- In cooler or cold months, dress infants in layers to keep them warm.
- Will tolerate shorter periods of outdoor play.

## YOUNG CHILDREN

- Remind children to take rest breaks and drink water.
- 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.
- May resist applying sunscreen and drinking water.



### Condition GREEN

**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.



### Condition YELLOW

**Use caution and closely observe the children for signs of being too hot or cold while outdoors.** Follow guidance in condition green as well.



### Condition RED

**Infant/toddlers and young children should not play outdoors due to the health risks.** Older children may play outside for a very limited time with proper precautions.

## What clothing, beverages, and protections are appropriate?

- Clothe children to maintain a comfortable body temperature (warmer months - lightweight cotton, colder months - wear layers of clothing).
- Drinking water helps the body maintain a comfortable temperature. Water should be readily available both inside and outside.
- Sunscreen use is important for children and infants over age six months. Use a sunscreen labeled as **SPF-15 or higher**. Look for sunscreen with **UVA** and **UVB** protection. Sunscreen needs to be reapplied every 2 hours. Read and follow all label instructions for the sunscreen product.
- Shaded play areas protect children from the sun. Make sure to have shade available in your outdoor play area.

## The weather forecast may be confusing unless you know the terminology:

- **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, heavy snow and ice are possible.