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***

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**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)

<table>
<thead>
<tr>
<th>Air Temperature</th>
<th>Wind Speed in mph</th>
<th>Calm</th>
<th>5</th>
<th>10</th>
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### Heat Index Chart (in Fahrenheit %)

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**Websites:**
- Air Now Air Quality (check by zip code)  [https://www.airnow.gov](https://www.airnow.gov)
- Caring for Our Children National Resource Center for Health and Safety in Child Care and Early Education 4th Ed.  [nrckids.org/CFOC](http://nrckids.org/CFOC)
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.

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.