

Child Care Weather Watch

		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
	-20	-20	-34	-41	-45	-48	-51	-53	-55	-57
	-30	-30	-46	-53	-58	-61	-64	-67	-69	-71

UNDERSTANDING 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


		RELATIVE HUMIDITY (%)												
		40	45	50	55	60	65	70	75	80	85	90	95	100
AIR TEMPERATURE	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	106	109	113	117	122	127	132
	94	97	100	102	106	110	114	119	124	129	135			
	100	109	114	118	124	129	136							
	104	119	124	131	137									
	110	136												


UNDERSTANDING HEAT INDEX



- 80° or below is considered comfortable
- 90° is beginning to feel uncomfortable
- 100° is uncomfortable and may be hazardous
- 110° is considered dangerous


 **Comfortable for outdoor play**

 **Caution, consider offering indoor options**

 **Danger. Indoor recess options necessary.**

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? **Clothe** children to 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.

 **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.

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.

 **Condition YELLOW** - 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 use 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. Child care providers need to structure the length of time for outdoor play for the young child.

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.

 **Condition RED** - 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.



Questions? Please call 509-573-7000. Based on the Child Care Weather Watch produced by the Iowa Department Public Health. Wind-Chill and Heat Index information is from the National Weather Service.

UNDERSTANDING THE WEATHER FORECAST

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.