

Heat Index Chart for Dogs Engaged in Low Activity (i.e. potty breaks)

(note: if dogs are engaged in off-leash play or other high energy activities, times should be shorter)

		% Relative Humidity																
		15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	
Temperature (deg F)	105	1- hour	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	
	100	1- hour	1- hour	1- hour	1- hour	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	
	95	1- hour	1- hour	1- hour	1- hour	1- hour	1- hour	1- hour	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	
	90	2- hour	2- hour	2- hour	1- hour	1- hour	1- hour	1- hour	1- hour	1- hour	1- hour	1- hour	1- hour	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes
	85	2- hour	2- hour	2- hour	2- hour	2- hour	2- hour	2- hour	2- hour	2- hour	2- hour	1- hour	1- hour	1- hour	1- hour	1- hour	1- hour	1- hour
	80	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour
	70	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour
60	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	
50	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	3- hour	

80-89 degrees **Caution:** Fatigue is possible with prolonged exposure and/or physical activity.
 90-104 degrees **Danger:** Heat exhaustion is possible with prolonged exposure and/or physical activity.
 105+ degrees **Extreme Danger:** Heat stroke is possible with prolonged exposure and /or physical activity

Exposure to full sunlight can increase values up to 15 degrees Fahrenheit!
Normal Dog's Temperature = 101 -102.5 degrees F

