



# Heat Risk Levels



This heat can be dangerous

- Prepare!
- Avoid outdoor activities during the peak hours of day of 11 am to 6 pm
- Drink plenty of water (in advance and during heat)
- Wear light colored clothing
- Check on the elderly and young
- Check on those with no air conditioning
- Check for a “cool zone” in your area or call 211

Category	Level	Meaning
Green	0	No Elevated Risk
Yellow	1	Low Risk for those extremely sensitive to heat
Orange	2	Moderate Risk for those who are sensitive to heat
Red	3	High Risk for much of the population, especially those who are heat sensitive and those without effective cooling
Magenta	4	Very High Risk for entire population due to long duration heat, with little to no relief overnight

