Comfort and Safety

Oklahoma’s extreme weather can have a dramatic impact on a person’s health. When temperatures rise to intense highs, or fall to dramatic lows, reduce your risks by taking the appropriate precautions.

Heat wave
Severe heat may cause illness or even death. Overheating can result in discomfort and heat cramps, heat exhaustion, or, most severely, heat stroke - which can be fatal.

Hot weather is not just an inconvenience, and it needs to be approached sensibly.

Big chill
Exposure to cold can cause injury or serious illness such as frostbite, hypothermia or death.

The likelihood of injury depends on factors such as physical activity, clothing, working and living conditions, and a person’s age and health.

### Battling heat
- Dress appropriately
- Keep your body hydrated
- Find shelter from the sun
- Avoid over-exertion
- See back for the heat index chart

### Combatting cold
- Dress appropriately
- Wear a hat and gloves
- Wear waterproof boots
- Take off wet clothes
- See back for the wind chill chart

This heat index maps illustrates how hot humans actually feel. To view the heat index map, go to www.mesonet.org. Click on Weather, select Air Temperature, and then Wind Chill/Heat Index Map. For help, call (405) 325-2541.
The Oklahoma Mesonet is a world-class network of environmental monitoring stations. The network was designed and implemented by scientists at the University of Oklahoma (OU) and at Oklahoma State University (OSU).

The Oklahoma Mesonet consists of 120 automated stations covering Oklahoma. There is at least one Mesonet station in each of Oklahoma’s 77 counties.

At each site, the environment is measured by a set of instruments located on or near a 10-meter-tall tower. The measurements are packaged into “observations” every 5 minutes, then the observations are transmitted to a central facility every 5 minutes, 24 hours per day year-round.

For help with this or other Mesonet products, please call 405-325-3231, or email us at operator@mesonet.org.