

Relative Humidity (%) furnished by National Weather Service Gray, ME

°F	Relative Humidity (%)													
	40	45	50	55	60	65	70	75	80	85	90	95	100	
110	136													
108	130	137												
106	124	130	137											
104	119	124	131	137										
102	114	119	124	130	137									
100	109	114	118	124	129	136								
98	105	109	113	117	123	128	134							
96	101	104	108	112	116	121	126	132						
94	97	100	103	106	110	114	119	124	129	135				
92	94	96	99	101	105	108	112	116	121	126	131			
90	91	93	95	97	100	103	106	109	113	117	122	127	132	
88	88	89	91	93	95	98	100	103	106	110	113	117	121	
86	85	87	88	89	91	93	95	97	100	102	105	108	112	
84	83	84	85	86	88	89	90	92	94	96	98	100	103	
82	81	82	83	84	84	85	86	88	89	90	91	93	95	
80	80	80	81	81	82	82	83	84	84	85	86	86	87	

Heat Index
(Apparent
Temperature)

With Prolonged Exposure
and/or Physical Activity

Extreme Danger

Heat stroke or sunstroke
highly likely

Danger

Sunstroke, muscle cramps,
and/or heat exhaustion likely

Extreme Caution

Sunstroke, muscle cramps,
and/or heat exhaustion possible

Caution

Fatigue possible

Air Temperature