Chicago periodically experiences excessively high temperatures accompanied by high humidity. Under these conditions, principals must take measures to ensure the health of students and staff. The National Weather Service has established two levels of alert for use when the heat index (a combination of temperature and humidity) reaches high levels. The two levels are a Heat Watch and a Heat Warning. A Heat Watch exists when conditions are forecasted to reach warning criteria. A Heat Warning exists when one or more of the following conditions exist or are imminent:

- Three consecutive days of heat between 100° and 105° and either:
  - sunshine of 85% or more on two or three days
  - a minimum heat index not less than 95° on each of the three days
- Two consecutive days of heat index between 105° and 110°
- One day of heat index of 110° or higher

For each of these levels, principals are to take the appropriate measures as outlined below and as dictated by their own judgment. Schools that need assistance should contact their Area Office or the Office of P-12 Management at 553-2150.

**LEVEL ONE • HEAT WATCH**

Schools should ensure that students and adults are kept well hydrated. Cold water or sports beverages should be made available in the classrooms and on buses. (Soft drinks and other sweetened beverages should be avoided.) The following measures should be taken when a Heat Watch is declared:

- Draw shades in rooms to keep sunlight out.
- Move classes from rooms exposed to sunlight. Use auditoriums, interior or lower-level rooms.
- Keep air circulating by opening windows and doors and by using fans.
- Monitor students taking particular medications to ensure proper hydration.
- Encourage students to dress in light cotton clothing. Allow them to wear shorts to school.
- Provide bottled water on school buses in the morning and especially in the afternoon.

**LEVEL TWO • HEAT WARNING**

In addition to the above measures, the following actions should be considered when a Heat Warning is declared:

- Avoid long trips on school buses (cancel trips involving extended exposure to heat).
- Begin school earlier. Make this decision in conjunction with the Chief Area Officer.
- Permit students to bring bottles of water to school and provide opportunities to fill them.
- Make cold water available in all classrooms.
- **PLEASE REMEMBER THAT THE WATER SUPPLIED BY THE LUNCHROOM SHOULD ONLY BE USED WHEN A HEAT WARNING HAS BEEN DECLARED.**