

## Can we go outside?

Guidelines for weather restrictions on taking children outside.  
Temperatures include heat index and wind chill.

100 Degrees or above	Children should not go outside.
90-100 Degrees	Children can stay out with sunscreen and fluids.
32-90 Degrees	Children can stay out for unlimited amounts of time. *Sunscreen when needed
20-32 Degrees	Children can stay out for 10-15 minutes at a time.
10-20 Degrees	Children can stay out for 5 minutes.
10 - below 0	Children should not go outside.

