

不适指数速查表

| | | 湿度(%) | | | | | | | | | | | | | | |
|--------|----|-------|----|----|----|----|----|----|----|----|----|----|-----|-----|-----|-----|
| | | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 |
| 气温(°C) | 0 | 42 | 41 | 41 | 40 | 39 | 38 | 38 | 37 | 36 | 36 | 35 | 34 | 33 | 33 | 32 |
| | 1 | 43 | 42 | 42 | 41 | 40 | 40 | 39 | 38 | 38 | 37 | 36 | 36 | 35 | 34 | 34 |
| | 2 | 44 | 44 | 43 | 42 | 42 | 41 | 41 | 40 | 39 | 39 | 38 | 37 | 37 | 36 | 36 |
| | 3 | 45 | 45 | 44 | 44 | 43 | 42 | 42 | 41 | 41 | 40 | 40 | 39 | 39 | 38 | 37 |
| | 4 | 46 | 46 | 45 | 45 | 44 | 44 | 43 | 43 | 42 | 42 | 41 | 41 | 40 | 40 | 39 |
| | 5 | 48 | 47 | 47 | 46 | 46 | 45 | 45 | 44 | 44 | 43 | 43 | 42 | 42 | 41 | 41 |
| | 6 | 49 | 48 | 48 | 47 | 47 | 47 | 46 | 46 | 45 | 45 | 44 | 44 | 44 | 43 | 43 |
| | 7 | 50 | 49 | 49 | 49 | 48 | 48 | 48 | 47 | 47 | 46 | 46 | 46 | 46 | 45 | 45 |
| | 8 | 51 | 51 | 50 | 50 | 50 | 49 | 49 | 49 | 48 | 48 | 48 | 47 | 47 | 47 | 46 |
| | 9 | 52 | 52 | 51 | 51 | 51 | 51 | 50 | 50 | 50 | 50 | 49 | 49 | 49 | 48 | 48 |
| | 10 | 53 | 53 | 53 | 52 | 52 | 52 | 52 | 52 | 51 | 51 | 51 | 51 | 50 | 50 | 50 |
| | 11 | 54 | 54 | 54 | 54 | 54 | 53 | 53 | 53 | 53 | 53 | 52 | 52 | 52 | 52 | 52 |
| | 12 | 55 | 55 | 55 | 55 | 55 | 55 | 55 | 55 | 54 | 54 | 54 | 54 | 54 | 54 | 54 |
| | 13 | 56 | 56 | 56 | 56 | 56 | 56 | 56 | 56 | 56 | 56 | 56 | 56 | 56 | 55 | 55 |
| | 14 | 58 | 57 | 57 | 57 | 57 | 57 | 57 | 57 | 57 | 57 | 57 | 57 | 57 | 57 | 57 |
| | 15 | 59 | 59 | 59 | 59 | 59 | 59 | 59 | 59 | 59 | 59 | 59 | 59 | 59 | 59 | 59 |
| | 16 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 61 | 61 | 61 | 61 |
| | 17 | 61 | 61 | 61 | 61 | 61 | 61 | 62 | 62 | 62 | 62 | 62 | 62 | 62 | 62 | 63 |
| | 18 | 62 | 62 | 62 | 62 | 63 | 63 | 63 | 63 | 63 | 63 | 64 | 64 | 64 | 64 | 64 |
| | 19 | 63 | 63 | 63 | 64 | 64 | 64 | 64 | 65 | 65 | 65 | 65 | 66 | 66 | 66 | 66 |
| | 20 | 64 | 64 | 65 | 65 | 65 | 66 | 66 | 66 | 66 | 67 | 67 | 67 | 67 | 68 | 68 |
| | 21 | 65 | 66 | 66 | 66 | 67 | 67 | 67 | 68 | 68 | 68 | 69 | 69 | 69 | 69 | 70 |
| | 22 | 66 | 67 | 67 | 67 | 68 | 68 | 69 | 69 | 69 | 70 | 70 | 70 | 71 | 71 | 72 |
| | 23 | 67 | 68 | 68 | 69 | 69 | 70 | 70 | 70 | 71 | 71 | 72 | 72 | 73 | 73 | 73 |
| | 24 | 69 | 69 | 70 | 70 | 70 | 71 | 71 | 72 | 72 | 73 | 73 | 74 | 74 | 75 | 75 |
| | 25 | 70 | 70 | 71 | 71 | 72 | 72 | 73 | 73 | 74 | 74 | 75 | 75 | 76 | 76 | 77 |
| | 26 | 71 | 71 | 72 | 73 | 73 | 74 | 74 | 75 | 75 | 76 | 77 | 77 | 78 | 78 | 79 |
| | 27 | 72 | 73 | 73 | 74 | 74 | 75 | 76 | 76 | 77 | 77 | 78 | 79 | 79 | 80 | 81 |
| | 28 | 73 | 74 | 74 | 75 | 76 | 76 | 77 | 78 | 78 | 79 | 80 | 80 | 81 | 82 | 82 |
| | 29 | 74 | 75 | 76 | 76 | 77 | 78 | 78 | 79 | 80 | 81 | 81 | 82 | 83 | 83 | 84 |
| | 30 | 75 | 76 | 77 | 78 | 78 | 79 | 80 | 81 | 81 | 82 | 83 | 84 | 84 | 85 | 86 |
| | 31 | 76 | 77 | 78 | 79 | 80 | 80 | 81 | 82 | 83 | 84 | 85 | 85 | 86 | 87 | 88 |
| | 32 | 77 | 78 | 79 | 80 | 81 | 82 | 83 | 84 | 84 | 85 | 86 | 87 | 88 | 89 | 90 |
| | 33 | 79 | 79 | 80 | 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 | 90 | 91 |
| | 34 | 80 | 81 | 82 | 83 | 84 | 84 | 85 | 86 | 87 | 88 | 89 | 90 | 91 | 92 | 93 |
| | 35 | 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 | 91 | 92 | 93 | 94 | 95 |
| | 36 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 | 91 | 93 | 94 | 95 | 96 | 97 |
| | 37 | 83 | 84 | 85 | 86 | 87 | 89 | 90 | 91 | 92 | 93 | 94 | 95 | 96 | 97 | 99 |
| | 38 | 84 | 85 | 86 | 88 | 89 | 90 | 91 | 92 | 93 | 95 | 96 | 97 | 98 | 99 | 100 |
| | 39 | 85 | 86 | 88 | 89 | 90 | 91 | 92 | 94 | 95 | 96 | 97 | 99 | 100 | 101 | 102 |
| | 40 | 86 | 88 | 89 | 90 | 91 | 93 | 94 | 95 | 96 | 98 | 99 | 100 | 101 | 103 | 104 |

| | 不适指数 | 体感 |
|--|---------|---------|
| | 小于 55 | 很冷 |
| | 55 ~ 60 | 寒冷 |
| | 60 ~ 65 | 没感觉 |
| | 65 ~ 70 | 宜人 |
| | 70 ~ 75 | 不热 |
| | 75 ~ 80 | 微热 |
| | 80 ~ 85 | 天气热, 出汗 |
| | 85 或更多 | 热得受不了 |