

Temperature – Humidity Index Chart

Heat Stress factors:

Actual temperature and humidity



Cow factors
(size, milk production, etc.)

Degree of cooling
that occurs at night



Length of the heat
stress period

Ventilation and
air flow



Water availability

Hair coat depth



Combat your herd's heat stress with

YEA-SACC®

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[Alltech.com/on-farm-support](https://www.alltech.com/on-farm-support)

Temperature		% Relative Humidity																					
°F	°C	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	
72	22.0	64	65	65	65	66	66	67	67	67	68	68	69	69	69	70	70	70	71	71	72	72	
73	23.0	65	65	66	66	66	67	67	68	68	68	69	69	70	70	71	71	71	72	72	73	73	
74	23.5	65	66	66	67	67	67	68	68	69	69	70	70	70	71	71	72	72	73	73	74	74	
75	24.0	66	66	67	67	68	68	68	69	69	70	70	71	71	72	72	73	73	74	74	75	75	
76	24.5	66	67	67	68	68	69	69	70	70	71	71	72	72	73	73	74	74	75	75	76	76	
77	25.0	67	67	68	68	69	69	70	70	71	71	72	72	73	73	74	74	75	75	76	76	77	
78	25.5	67	68	68	69	69	70	70	71	71	72	73	73	74	74	75	75	76	76	77	77	78	
79	26.0	67	68	69	69	70	70	71	71	72	73	73	74	74	75	76	76	77	77	78	78	79	
80	26.5	68	69	69	70	70	71	72	72	73	73	74	75	75	76	76	77	78	78	79	79	80	
81	27.0	68	69	70	70	71	72	72	73	73	74	75	75	76	77	77	78	78	79	80	80	81	
82	28.0	69	69	70	71	71	72	73	73	74	75	75	76	77	77	78	79	79	80	81	81	82	
83	28.5	69	70	71	71	72	73	73	74	75	75	76	77	78	78	79	80	80	81	82	82	83	
84	29.0	70	70	71	72	73	73	74	75	75	76	77	78	78	79	80	80	81	82	83	83	84	
85	29.5	70	71	72	73	73	74	75	75	76	77	78	78	79	80	81	81	82	83	84	84	85	
86	30.0	71	71	72	73	74	74	75	76	77	78	78	79	80	81	81	82	83	84	84	85	86	
87	30.5	71	72	73	73	74	75	76	77	77	78	79	80	81	81	82	83	84	85	85	86	87	
88	31.0	72	72	73	74	75	76	76	77	78	79	80	81	81	82	83	84	85	86	86	87	88	
89	31.5	72	73	74	75	75	76	77	78	79	80	80	81	82	83	84	85	86	86	87	88	89	
90	32.0	72	73	74	75	76	77	78	79	79	80	81	82	83	84	85	86	86	87	88	89	90	
91	33.0	73	74	75	76	76	77	78	79	80	81	82	83	84	85	86	86	87	88	89	90	91	
92	33.5	73	74	75	76	77	78	79	80	81	82	83	84	85	85	86	87	88	89	90	91	92	
93	34.0	74	75	76	77	78	79	80	80	81	82	83	85	85	86	87	88	89	90	91	92	93	
94	34.5	74	75	76	77	78	79	80	81	82	83	84	86	86	87	88	89	90	91	92	93	94	
95	35.0	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	
96	35.5	75	76	77	78	79	80	81	82	83	85	86	87	88	89	90	91	92	93	94	95	96	
97	36.0	76	77	78	79	80	81	82	86	84	85	86	87	88	89	91	92	93	94	95	96	97	
98	36.5	76	77	78	80	80	82	83	86	85	86	87	88	89	90	91	92	93	94	95	96	98	
99	37.0	76	78	79	80	81	82	83	84	85	87	88	89	90	91	92	93	94	95	96	98	99	
100	38.0	77	78	79	81	82	83	84	85	86	87	88	90	91	92	93	94	95	96	98	99	100	
101	38.5	77	79	80	81	82	83	84	86	87	88	89	90	92	93	94	95	96	98	99	100	101	
102	39.0	78	79	80	82	83	84	85	86	87	89	90	91	92	94	95	96	97	98	100	101	102	
103	39.5	78	79	81	82	83	84	86	87	88	89	91	92	93	94	96	97	98	99	101	102	103	
104	40.0	79	80	81	83	84	85	86	88	89	90	91	93	94	95	96	98	99	100	101	103	104	
105	40.5	79	80	82	83	84	86	89	88	89	90	92	93	94	96	97	99	100	101	102	103	105	
106	41.0	80	81	82	84	85	87	88	89	90	91	93	94	95	97	98	99	101	102	103	104	106	
107	41.5	80	81	83	84	85	87	88	89	91	92	94	95	96	98	99	100	102	103	104	106	107	
108	42.0	81	82	83	85	86	88	89	90	92	93	94	96	97	98	100	101	103	104	105	107	108	
109	43.0	81	82	84	85	87	89	89	91	92	94	95	96	98	99	101	102	103	105	106	108	109	
110	43.5	81	83	84	86	87	89	90	91	93	94	96	97	99	100	101	103	104	106	107	109	110	
111	44.0	82	83	85	86	88	90	91	92	94	95	96	98	99	101	102	104	105	107	108	110	111	
112	44.5	82	84	85	87	88	90	91	93	94	96	97	99	100	102	103	105	106	108	109	111	112	
113	45.0	83	84	86	87	89	91	92	93	95	96	98	99	101	102	104	105	107	108	110	111	113	
114	45.5	83	85	86	88	89	92	92	94	96	97	99	100	102	103	105	106	108	109	111	112	114	
115	46.0	84	85	87	88	90	92	93	95	96	98	99	101	102	104	106	107	109	110	112	113	115	
116	46.5	84	86	87	89	90	93	94	95	97	98	100	102	103	105	107	108	110	111	113	114	116	
117	47.0	85	86	88	89	91	93	94	96	98	99	101	102	104	106	107	109	111	112	114	115	117	
118	48.0	85	87	88	90	92	94	95	97	98	100	102	103	105	106	108	110	111	113	115	116	118	
119	48.5	85	87	89	90	92	94	96	97	99	101	102	104	106	107	109	111	112	114	116	117	119	
120	49.0	86	88	89	91	93	95	96	98	100	101	103	105	106	108	110	111	113	115	117	118	120	

- Stress threshold respiration rate exceeds 60 BPM. Milk yield losses begin. Repro losses detectable. Rectal temperature exceeds 101.3 °F (38.5 °C).
- Mild-moderate stress respiration rate exceeds 75 BPM. Rectal temperature exceeds 102.2 °F (38 °C).
- Moderate-severe stress respiration rate exceeds 85 BPM. Rectal temperature exceeds 104 °F (40 °C).
- Severe stress respiration exceeds 120-140 BPM. Rectal temperature exceeds 106 °F (41 °C).

Management Tips:

Provide shade



Clean water tanks



Feed during
cooler hours



Watch for
inconsistent manure



Ensure access to feed



Use sprinklers
and fans

Reduce time
in holding pens



Don't lock-up
during midday

