

# Notes for Humidity

- **Humidity** – Amount of water vapor ( $H_2O$ ) present in the air
- **Relative Humidity** – The amount of water vapor that is actually present in the air compared to how much water the vapor the air is capable of holding. (expressed as a percentage)
  - Cold air holds less water than warm air, so warm air is usually humid
  - Condensation occurs when relative humidity reaches 100%
- **Dew Point** – the temperature to which air must cool down so that relative humidity will reach 100% and condensation will occur.
  - If the dew point is above freezing,  $32^{\circ} F$  or  $0^{\circ} C$ , dew will form.
  - If the dew point is below freezing, frost will form.
- **Sweating** – When we sweat, our body heat is used to evaporate the water from our skin, the loss of body heat results in lowering our body temp. When humidity is high, sweat can't evaporate, so it remains on our skin and makes us feel sticky and gross.