

# Media Alert

State Emergency Service



## EXTREME HEAT WARNING

Thursday, 12 November 2009

### **Note to TV and Radio:**

*The following information is an IMPORTANT COMMUNITY SAFETY WARNING and therefore we seek your valuable support for this to be read frequently, particularly during weather reports, until notification of any changes to this request.*

The State Emergency Service is warning South Australians that the current hot weather is a risk to public safety.

Heat related illness can result in severe health issues and can even be fatal.

The public are urged to exercise care during the hot weather and to take the following precautions:

- Drink plenty of fluids but avoid alcoholic and caffeinated drinks.
- Make regular contact with elderly relatives, friends and neighbours, especially if they live alone to ensure they are keeping cool and drinking plenty of fluids.
- Keep homes cool by closing blinds and curtains during the day and making good use of fans or air conditioners (which are on the cool setting).
- Stay indoors. Open up homes at night if it cools down.
- Limit outdoor activities to mornings and evenings.
- When outdoors wear light loose fitting clothing, as well as a broad brimmed hat, sunglasses and sunscreen.
- Ensure babies and young children stay out of the sun and give babies extra fluids, dress them lightly and keep them where it is cool.
- People with ongoing mental health conditions or dementia should continue to take their medication, stay in touch with family or friends and seek medical help if you start to feel unwell.
- Never leave children or pets unattended in the car.
- Make use of air conditioned public facilities such as shopping centres, cinemas and libraries.
- Be aware of the symptoms of heat stress and if they develop take cool baths or showers and use cool packs or wet towels to cool down.
- Remember that cordless landline telephones do not work during power outages. Make sure you have alternative means of communication.
- Consider the safety of your pets and animals. Wet them down and ensure they have adequate shade and water.

Symptoms of heat stress include headaches, lethargy, nausea and vomiting. More severe symptoms can include weakness, confusion, and in extreme cases, collapse, loss of urine output and loss of sweating.

If you are feeling unwell, contact your local GP or telephone **Healthdirect Australia** on **1800 022 222**.

For immediate medical attention telephone 000.

For more information on extreme heat visit [www.ses.sa.gov.au](http://www.ses.sa.gov.au)

**For media enquiries telephone the SES Media Line on (08) 8211 6176**

For SES response in storms or floods telephone 132 500. If the matter is life threatening telephone 000  
For further information on the services provided by the SES go to [www.ses.sa.gov.au](http://www.ses.sa.gov.au)