

EXTREME HEAT MEDIA RELEASE



Monday, 21 January, 2019

Hot weather continues this week

With heatwave conditions continuing this week, the State Emergency Service (SES) is encouraging all South Australians to think about how they are going to prepare for and manage during the expected hot weather.

As we head into more hot weather SES Chief Officer Chris Beattie says there is no better time to check on elderly relatives, neighbours and friends, making sure they are well prepared to cope with the heat during the next few days.

“If you have the opportunity, drop in or call your relatives, neighbours and friends and make sure they are drinking plenty of water, not going out during the hottest parts of the day and staying cool” Mr Beattie said.

Mr Beattie said all South Australians, irrespective of where they live in the state, should expect to experience heatwaves over summer.

“We need to be mindful that heatwaves can have a detrimental impact on people’s health and wellbeing,” Mr Beattie said.

“Heat-related illness can affect anyone, even the very fit, and can result in severe health issues including heat exhaustion and heatstroke. It can be fatal. Older people, those with a pre-existing medical condition and young children and babies are most at risk,” Mr Beattie said.

“Reports from interstate indicate children are being left in cars. Under no circumstances, should children or pets be left in a parked car, even with the windows open and the air conditioner running,” Mr Beattie said.

Mr Beattie says there are plenty of simple ways people can protect their health.

“Coping with the heat largely depends on using common sense and being prepared,” he said. For more ways to beat the heat visit www.ses.gov.au.

Information on the forecast weather can be found on the Bureau of Meteorology’s website www.bom.gov.au

For further information visit sa.gov.au/extremeheat



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