EXTREME HEAT

⚠ EXTREME HEATWAVE EMERGENCY WARNING

This **Emergency Warning** message is effective from 9:00am Thursday 28 February 2019

Extreme heat is more than just hot weather. When it is extremely hot during the day and it does not cool down at night, it is hard for your body to cool itself. Babies and young children, the elderly, pregnant women and those who are already unwell are especially at risk but, in an extreme heatwave, even healthy people who do not take action to keep cool can become very ill. Take action to make sure you and your family stay well during this heat event.

What you should do:
- Keep cool by staying indoors as much as possible and turn fans and air-conditioners on early in the day to stop the heat from building up in your home.
- Make sure you are drinking plenty of water, even if you do not feel thirsty. Carry a water bottle with you if you go out.
- Never leave children, or pets, alone in a car.
- The very young, older people and those who are already unwell are most at risk – check on them regularly.
- Make sure your pets and animals have shade and water too.

This message was issued by the **State Emergency Service**.

Health information:
- For immediate medical attention telephone 000 (triple zero).
- To register for the Telecross REDi service telephone 1800 188 071.

Stay informed:
- Check the SES website at www.ses.sa.gov.au
- Monitor local conditions and tune in to your local ABC on a battery-powered radio for updates
- Call the SA Emergency Infoline on 1800 362 361
- People who are deaf, or have a hearing or speech impairment, can contact the SA Emergency Infoline via the National Relay Service on 1800 555 727 (TTY users 1800 555 677)
- Follow the SES on Twitter (@SA_SES) or Facebook (SA State Emergency Service)
- For weather warnings and forecasts visit www.bom.gov.au.
- For SES assistance phone 132 500
- For further information visit www.sa.gov.au/extremeheat

This message was issued on 2019-02-27 09:00
The next update is expected by 2019-02-28 09:00 or as the situation changes.