



EXTREME HEAT



EXTREME HEATWAVE EMERGENCY WARNING

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:

- Staying indoors is best but, if you must go outside, try to do so in the early morning or in the evening when it is cooler.
- It is important to drink plenty of water, but if you are taking any prescribed medicines, consider checking with your doctor for any additional advice.
- Check to make sure your pets and animals have shade and water too.
- A swim is a great way to cool down, but never leave children alone near water and swim between the flags at the beach.
- Keep your mobile phone charged and make sure you have some ice, a torch and a battery powered radio for emergency information.

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

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The next update is expected by 2019-03-01 09:00, or as the situation changes.