



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:

- As hot weather continues, trees can drop their branches without warning. Don't let children climb or play under them and avoid parking or camping under large branches.
- Staying indoors is the coolest option. If you want to exercise, scale back your routine or restrict your activities to early morning or in the evening when it is cooler.
- Carry a water bottle with you whenever you go out and remember to wear light, loose-fitting clothing, a broad-brimmed hat, sunglasses and sunscreen.
- Children love to cool down in a sprinkler, but check the temperature of the water when you turn it on, as water from hoses left out in the sun can be dangerously hot.
- If you don't have air conditioning, portable fans are a great alternative. Or consider making use of air-conditioned public buildings, such as shopping centres, cinemas and libraries.

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](http://www.nrelayservice.gov.au) on 1800 555 727 (TTY users 1800 555 677)
- Follow the SES on [Twitter](https://twitter.com/SA_SES) (@SA_SES) or [Facebook](https://www.facebook.com/SAStateEmergencyService) (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 2019-03-02 09:00, or as the situation changes.