



EXTREME HEAT



EXTREME HEATWAVE EMERGENCY WARNING

An Extreme Heatwave is more than just hot weather. When it is extremely hot during the day and it does not cool down at night, your body cannot cool itself. Take action to make sure you and your family stay well during this heat event.

What does this mean for you?

- Even healthy people who do not do something to keep cool can become very ill in an extreme heatwave
- Babies and young children, the elderly, pregnant women and those who are already unwell are even more at risk

What you should do:

- The continuing hot weather increases the risk to your health. Learn the symptoms of heat stress so you can act quickly if you or someone you are with becomes ill.
- A chilled drink, a cool shower, a cool damp towel around your neck or a spray of cool water on your skin will make you more comfortable and help you sleep.
- Closing windows, blinds and curtains during the day will help your home to stay cool.
- Food safety is especially important during prolonged hot weather. Use cooler bags to transport food home from the shops. Serve food as soon as it is ready and chill leftovers promptly.

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.nrel.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 2019-03-03 09:00, or as the situation changes.