



# EXTREME HEAT



## HEATWAVE ADVICE REDUCED THREAT

The risk to your safety due to the recent very hot weather has reduced. While temperatures have reduced, hot days may still be experienced. It may take you a few days to recover and you should continue to take care.

### What you should do:

- Continue to drink plenty of water
- Open doors and windows to cool your home
- Get plenty of rest, and
- Check on family, friends and neighbours to see if they need help.
- Trees may still drop their branches without warning, especially if the weather is windy. Don't let children climb or play under them and avoid parking or camping under large branches.

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](http://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.com.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](http://www.bom.gov.au).
- For SES assistance phone 132 500
- For further information visit [www.sa.gov.au/extremeheat](http://www.sa.gov.au/extremeheat)

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This is expected to be the last update for this event unless the situation changes.