

# STATE EMERGENCY SERVICE MEDIA RELEASE

Tuesday, 19 November 2019

## Expected heat tomorrow prompts SES warning

With possible record November temperatures forecast for parts of the state tomorrow, the State Emergency Service (SES) is encouraging South Australians to think about how they will remain cool and well hydrated.

The Bureau of Meteorology (BoM) has forecast a maximum temperature of 42 degrees Celsius for Adelaide tomorrow. Temperatures in the north of the state are likely to be even higher with 43C predicted for Port Augusta, Oodnadatta and Coober Pedy. Port Lincoln is forecast to reach 44C tomorrow while Mount Gambier and Kingscote are expecting 38C.

SES Chief of Staff Graeme Wynwood said tomorrow would be unusually hot for this time of year. However, there are plenty of simple steps people can do to protect their health.

“Make sure you are drinking plenty of water tomorrow and keeping cool by avoiding going out in the heat of the day. If you do need to go out, do so first thing in the morning or later in the day when it is usually much cooler,” Mr Wynwood said.

“One of the most critical things people can do is to consider those who are most vulnerable to the heat and making sure they are coping.

“Identify family, friends and neighbours who are elderly or frail and check on them to make sure they are OK and using their fans and air conditioners.”

Mr Wynwood also said older people were more prone to heat-related illnesses because their body may not adjust well to sudden temperature change.

“They are also more likely to have a chronic medical condition and be taking medication that interferes with the body’s ability to regulate temperature,” Mr Wynwood said.

The BoM is also forecasting strong, gusty winds ahead of a cooler change expected later tomorrow.

“This may result in older, heat-stressed trees dropping their limbs, so our advice is think carefully where you park your car tomorrow and be aware that some trees, particularly in places like the Adelaide Hills, may have fallen across roads,” Mr Wynwood said.

**For media enquiries telephone the SES Media Line on (08) 8211 6176**

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