



STATE EMERGENCY SERVICE
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STATE HEATWAVE SUMMARY

Heatwave conditions have been forecast by the Bureau of Meteorology for the following locations on Saturday 7th December 2019:

| Forecast District | Heatwave Forecast |
|------------------------|------------------------|
| Adelaide Metropolitan | No heatwave |
| Mount Lofty Ranges | No heatwave |
| Yorke Peninsula | No heatwave |
| Kangaroo Island | No heatwave |
| Upper South East | No heatwave |
| Lower South East | No heatwave |
| Riverland | No heatwave |
| Murraylands | No heatwave |
| Mid North | No heatwave |
| Flinders | No heatwave |
| West Coast | No heatwave |
| Eastern Eyre Peninsula | No heatwave |
| Lower Eyre Peninsula | No heatwave |
| North West Pastoral | Severe Heatwave |
| North East Pastoral | No heatwave |

The **State Emergency Service** recommends you take action now to make sure that you and your family stay safe.

About Heatwaves

Low-intensity Heatwaves are common in South Australia during summer and most people are able to cope well, but the very young, elderly or those with medical conditions should take care.

Severe Heatwaves are less frequent and are especially challenging for babies and young children, the elderly, pregnant women and those who are already unwell, but even healthy people should take care. The SES will issue a separate Watch and Act message for each area in which a Severe Heatwave is forecast.

Extreme Heatwave are rare, but are dangerous for anyone who does not take precautions to keep cool, even those who are fit and healthy. People who work or exercise outdoors are particularly at risk. The reliability of infrastructure, like power and transport, can also be affected. The SES will issue a separate Emergency Warning message for each area in which an Extreme Heatwave is forecast.

Stay informed:

- Check the SES website at www.ses.sa.gov.au
- For heatwave forecasts visit <http://www.bom.gov.au/australia/heatwave/>
- 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 SES assistance phone 132 500
- For further information visit [SA Health](#) or [HealthDirect](#)

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The next update is expected by 7th December 2019 at 5pm, or as the situation changes.

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