



# EXTREME HEAT WARNING

**Alert name:** *Statewide*  
**Time Message Issued:** 11:00  
**Date Message Issued:** 29/01/2018

## CANCELLATION OF EXTREME HEAT EMERGENCY WARNING

The State Emergency Service advises that the risk to your safety due to the recent very hot weather has decreased and the Extreme Heat Warning issued on Friday, 26 January, 2018 has been cancelled.

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.

The following actions will help you to stay healthy:

- 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.

You should also keep in mind that 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.

If you are feeling unwell, contact your local doctor or telephone *HealthDirect Australia* on 1800 022 222.

For immediate medical attention telephone 000 (triple zero).

To register for the Telecross REDi service telephone 1800 188 071.

For more information on extreme heat visit the SES Website [www.ses.sa.gov.au](http://www.ses.sa.gov.au)

For weather warnings and forecasts visit [www.bom.gov.au](http://www.bom.gov.au).

**This message expires on:** 29/01/2018 21:00

**This is the final message that will be issued for this event unless the situation changes.**



For further information visit [sa.gov.au/extremeheat](http://sa.gov.au/extremeheat)



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