

Monday, 18 December, 2017

## SES reissues warning for north of state today

The SA State Emergency Service (SES) has reissued a warning for people travelling in northern parts of the state today where temperatures are expected to exceed 45 degrees Celsius at a number of locations.

Moomba, Oodnadatta, Leigh Creek, Roxby Downs and Woomera are forecast to reach 45 degrees while Maree is expecting 46 degrees.

"It's important that people stay cool and drink plenty of water as they drive through these areas," SES Chief of Staff Trevor Arnold said.

"These areas are very remote with no mobile phone coverage. So if you are travelling today it's a good idea to let family know your travel plans so they can alert authorities if they suspect something may have gone wrong."

"Motorists, along with interstate and overseas visitors, travelling in these areas need to be aware of the conditions and ensure they are carrying plenty of food and water" according to Mr Arnold.

Other precautions recommended by SES during periods of extreme heat include the following:

- make regular contact with elderly relatives, friends and neighbours, especially if they live alone, to ensure they are keeping cool and drinking plenty of fluids.
- drink plenty of fluids but avoid alcoholic and caffeinated drinks
- keep homes cool by closing blinds and curtains during the day and making good use of fans or air conditioners (which are on the cool setting). Open up homes at night if it cools down
- make use of air conditioned public facilities such as shopping centres, cinemas and libraries
- consider the safety of your pets and animals, wet them down and ensure they have adequate shade and water, and
- keep in mind that, as the temperature rises, large trees may drop their branches without warning.