



**Alert Name:** Statewide  
**Time Message Issued:** 12:00  
**Date Message Issued:** 25/01/2018

*Note to Media:*

*The following message is to be read on air verbatim immediately and then at regular intervals thereafter, particularly during weather reports, until the message expires or is superseded by another message related to this event.*

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# EXTREME HEAT EMERGENCY WARNING

The State Emergency Service has issued an Extreme Heat Warning effective from 10.00am on Friday, 26 January, 2018.

Extreme heat is more than just hot weather. When it is very hot during the day, and does not cool down at night, it is hard for your body to cool itself. You can become very ill as a result.

You should take action to make sure you and your family stay well during this heat event.

- Cool your home by closing blinds and curtains during the day and opening windows at night when it is cooler outside.
- Check your fans and air conditioners are working and that they are switched to the cooling setting.
- Make sure you have enough food, water, medications and pet food for a week so you will not need to go out when it is hot.
- Never leave children, or pets, alone in a car.
- Keep your mobile phone charged and make sure you have some ice, a torch and a battery powered radio for emergency information.
- Consider the safety of your pets and animals and make sure they will have enough shade and water.

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 at [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).

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**This message expires on:** 10.00am 26/01/2018



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



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