



Alert name: *Statewide*
Time Message Issued: 09.00
Date Message Issued: 27/01/2018

Note to Media:

The following message is to be read on air verbatim immediately and then at two (2) hourly intervals thereafter until the message expires or is superseded by another message related to this event.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 Friday January 26, 2018

Extreme heat is more than just hot weather. When it is very hot during the day and it 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.

- Staying indoors is best but, if you must go outside, try to do so in the early morning or in the evening when it is cooler.
- It is important to drink plenty of water, but if you are taking any prescribed medicines, consider checking with your doctor for any additional advice.
- Check to make sure your pets and animals have shade and water too.
- A swim is a great way to cool down, but never leave children alone near water and swim between the flags at the beach.
- Keep your mobile phone charged and make sure you have some ice, a torch and a battery powered radio for emergency information.

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

For weather warnings and forecasts visit www.bom.gov.au.

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This message expires on: 28 January 2018, 10:00am



For further information visit sa.gov.au/extremeheat



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