



Alert name: Statewide
Time Message Issued: 09:00
Date Message Issued: 28/01/2018

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to be read on air verbatim immediately and then at two (2) hourly intervals thereafter until the message expires or is superseded by another message related to this event.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

- As hot weather continues, trees can drop their branches without warning. Don't let children climb or play under them and avoid parking or camping under large branches.
- Staying indoors is the coolest option. If you want to exercise, scale back your routine or restrict your activities to early morning or in the evening when it is cooler.
- Carry a water bottle with you whenever you go out and remember to wear light, loose-fitting clothing, a broad-brimmed hat, sunglasses and sunscreen.
- Children love to cool down in a sprinkler, but check the temperature of the water when you turn it on, as water from hoses left out in the sun can be dangerously hot.
- If you don't have air conditioning, portable fans are a great alternative. Or consider making use of air-conditioned public buildings, such as shopping centres, cinemas and libraries.

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: 29/01/2018 10:00



For further information visit sa.gov.au/extremeheat



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