

State Emergency Service

Media Release



Government
of South Australia



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Hot weather over the next week poses increased risk to public health: SES cautions

With temperatures above 40 degrees Celsius forecast for some parts of South Australia over the next week, the State Emergency Service (SES) is urging the public to think about how they can minimise risks to their health during the expected hot weather.

The Bureau of Meteorology (BoM) has forecast temperatures above 40 degrees Celsius at a number of locations in northern parts of the state. The Adelaide metropolitan area is expecting maximum temperatures in the low to mid 30s.

SES Chief Officer Chris Beattie said extreme heat had an adverse effect on public health, particularly the elderly, young babies and infants and those with a pre-existing medical condition such as multiple sclerosis, heart disease and renal illnesses.

"During hot weather, the best option for those at risk is to remain indoors and use fans, airconditioners or even a wet flannel on the back of their neck to stay cool," Mr Beattie said.

"It is also important to stay well hydrated. Aim to drink at least two litres of water daily but avoid alcohol and caffeinated drinks as these tend to cause the body to lose more fluid," he added.

Mr Beattie urged parents and carers to be particularly vigilant if they venture with their children to the beach, the swimming pool, the River Murray or any other body of water during the expected hot weather.

"It can take as little as a few minutes for an unsupervised child to drown," Mr Beattie said.

The SES urges South Australians to exercise care during the hot weather and take the following precautions:

- drink plenty of fluids but avoid alcoholic and caffeinated drinks
- 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.
- keep homes cool by closing blinds and curtains during the day and making good use of fans or airconditioners (which are on the cool setting)
- Open up homes at night if it cools down
- never leave children or pets unattended in the car
- make use of airconditioned public facilities such as shopping centres, cinemas and libraries
- be prepared for the possibility of power outages and keep in mind that some computers and telephones may not work during power outages. Make sure you have alternative means of communication
- 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 without warning drop their branches. Avoid parking or setting up campsites under trees with large overhanging branches and do not allow children to climb or play under them.

For media enquires telephone the SES Media Line on (08) 8211 6176

For SES response in floods or storms telephone 132 500. If the matter is life threatening telephone 000
www.ses.sa.gov.au