

Issued at 17.00pm on Tuesday, 15 December, 2015

EXTREME HEAT WARNING

Note to TV and Radio:

The following information is an IMPORTANT COMMUNITY SAFETY WARNING and therefore we seek your valuable support for the first paragraph (at least) of this message to be read frequently, particularly during weather reports, until notification of any changes to this request.

Due to a revised weather forecast from the Bureau of Meteorology, the State Emergency Service has issued an Extreme Heat Warning from 5.00pm on Tuesday, 15 December, 2015, and advises that forecast hot weather conditions pose a risk to public safety. People are urged to take appropriate precautions to ensure their wellbeing during this heat event.

GENERAL EXTREME HEAT ADVICE

The public are urged to exercise care during the hot weather and take the following precautions:

- drink plenty of fluids but avoid alcoholic and caffeinated drinks
- when outdoors wear light loose-fitting clothing, as well as a broad-brimmed hat, sunglasses and sunscreen. Try to limit outdoor activities to mornings and evenings
- 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)
- stay indoors. 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.

If you are feeling unwell, contact your local GP or telephone *healthdirect Australia* on 1800 022 222.

For immediate medical attention telephone 000.

To register someone for the Telecross REDi service telephone 1800 188 071.

For more information on extreme heat visit www.ses.sa.gov.au

Weather information can be found at www.bom.gov.au

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