

Friday, 18 December, 2015

## **South Australians need to continue looking after themselves as heatwave enters third day**

South Australians need to continue looking after themselves as the record-breaking December 2015 heatwave enters its third day.

Health authorities, both in Australia and overseas, agree that the greatest impact on the community from a heatwave occurs after the third day when people's bodies start to get stressed.

However, there are some simple steps that people can take to reduce the impacts, according to State Emergency Service (SES) Chief of Staff Darryl Wright.

"It's important that people keep cool and stay hydrated," Mr Wright said.

This also applies to the thousands of people heading to Adelaide Oval tonight to watch the Big Bash League cricket.

"It is likely to still be very hot so sunscreen, loose fitting and light-coloured clothing along with a broad-brimmed hat and sunglasses are the order of the day," Mr Wright said.

South Australians should also limit the amount of alcohol and caffeinated drinks they consume during periods of extreme heat as they tend to dehydrate the body.

"Staying cool and drinking plenty of water is a great option," Mr Wright said.

The SES issued an Extreme Heat Warning for South Australia on Tuesday afternoon. The hot weather, which will see Adelaide experience four consecutive days forecast above 40 degrees Celsius, is expected to end this Saturday.

Other precautions recommended by SES during periods of extreme heat include the following:

- 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
- 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.