

State Emergency Service



**Event name:** Extreme Heat 7 February 2017

**Time Message Issued:** 17:30

**Date Message Issued:** 7/02/2017

# EXTREME HEAT EMERGENCY WARNING

The State Emergency Service has issued an Extreme Heat Warning effective from 5:07pm on Tuesday 7th February 2017.

The SES advises that the current hot weather conditions are dangerous to your health. You are urged to take action to ensure your wellbeing during this heat event.

Make sure you are keeping cool by staying inside, out of the heat and that you are drinking plenty of water. Young children, older people and those who are unwell are especially at risk – check on them regularly. Never leave children or pets alone in a car.

If you do need to go outside, try to make it early in the morning or later in the evening when it is cooler.

If you are feeling unwell, contact your local doctor or telephone *healthdirect Australia* on 1800 022 222. For immediate medical attention telephone triple zero.

For more information on extreme heat visit the SES website at [www.ses.sa.gov.au](http://www.ses.sa.gov.au)

**This message expires on:** 8 Feb 2017 17:30