

State Emergency Service



Alert name: *Statewide*
Time Message Issued: 09:30
Date Message Issued: 18/01/2018

EXTREME HEAT EMERGENCY WARNING

The State Emergency Service has issued an Extreme Heat Warning effective from 09:30am on Thursday, 18 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.

- Keep cool by staying indoors as much as possible and turn fans and air-conditioners on early in the day to stop the heat from building up in your home.
- Make sure you are drinking plenty of water, even if you do not feel thirsty. Carry a water bottle with you if you go out.
- Never leave children, or pets, alone in a car.
- The very young, older people and those who are already unwell are most at risk – check on them regularly.
- Visitors to the state may not be acclimatised to the hot weather – offer them shade and water.
- Make sure your pets and animals have shade and water too.

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.

This message expires on: 19 Jan 2018 09:30