



**Alert name:** *Statewide*

**Time Message Issued:** 09:30am

**Date Message Issued:** 19/01/2018

# EXTREME HEAT EMERGENCY WARNING

The State Emergency Service has issued an Extreme Heat Warning effective from 09:30am on Friday, 19 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.

- Staying indoors is best but, if you must go outside, try to do so in the early morning or in the evening when it is cooler.
- It is important to drink plenty of water, but if you are taking any prescribed medicines, consider checking with your doctor for any additional advice.
- Visitors to the state may not be acclimatised to the hot weather – offer them shade and water.
- Check to make sure your pets and animals have shade and water too.
- A swim is a great way to cool down, but never leave children alone near water and swim between the flags at the beach.
- Keep your mobile phone charged and make sure you have some ice, a torch and a battery powered radio for emergency information.

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](http://www.ses.sa.gov.au)

For weather warnings and forecasts visit [www.bom.gov.au](http://www.bom.gov.au).

**This message expires on:** 20 Jan 2018, 10:00am



For further information visit [sa.gov.au/extremeheat](http://sa.gov.au/extremeheat)



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