



# STATE HEATWAVE SUMMARY

Heatwave conditions have been forecast by the Bureau of Meteorology for the following locations on Monday, 16 December 2019:

Forcast District	Heatwave Forecast
Adelaide Metropolitan	No Heatwave
Mount Lofty Ranges	No Heatwave
Yorke Peninsula	No Heatwave
Kangaroo Island	No Heatwave
Upper South East	No Heatwave
Lower South East	No Heatwave
Riverland	No Heatwave
Murraylands	No Heatwave
Mid North	No Heatwave
Flinders	No Heatwave
West Coast	Low intensity
Eastern Eyre Peninsula	No Heatwave
Lower Eyre Peninsula	No Heatwave
North West Pastoral	Low intensity
North East Pastoral	No Heatwave

The **State Emergency Service** recommends you take action now to make sure that you and your family stay safe.

### About Heatwaves

**Low-intensity Heatwaves** are common in South Australia during summer and most people are able to cope well, but the very young, elderly or those with medical conditions should take care.

**Severe Heatwaves** are less frequent and are especially challenging for babies and young children, the elderly, pregnant women and those who are already unwell, but even healthy people should take care. The SES will issue a separate Watch and Act message for each area in which a Severe Heatwave is forecast.

**Extreme Heatwave** are rare, but are dangerous for anyone who does not take precautions to keep cool, even those who are fit and healthy. People who work or exercise outdoors are particularly at risk. The reliability of infrastructure, like power and transport, can also be affected. The SES will issue a separate Emergency Warning message for each area in which an Extreme Heatwave is forecast.

### Stay informed:

- Check the SES website at [www.ses.sa.gov.au](http://www.ses.sa.gov.au)
- For heatwave forecasts visit <http://www.bom.gov.au/australia/heatwave/>
- Monitor local conditions and tune in to your local ABC on a battery-powered radio for updates
- Call the SA Emergency Infoline on 1800 362 361
- People who are deaf, or have a hearing or speech impairment, can contact the SA Emergency Infoline via the [National Relay Service](#) on 1800 555 727 (TTY users 1800 555 677)
- Follow the SES on [Twitter \(@SA SES\)](#) or [Facebook \(SA State Emergency Service\)](#)
- For SES assistance phone 132 500. If the matter is life threatening call 000 (triple zero).
- For further information visit [SA Health](#) or [HealthDirect](#)