

State Emergency Service

# Media Release



Government  
of South Australia



Tuesday, 7 February 2017

## SES advises care during hot and humid conditions

With high temperatures forecast for the rest of this week, combined with the above average humidity left over from recent rains, the SA State Emergency Service (SES) is urging people to seek shelter and to take measures to ensure their safety and comfort for the next few days.

The advice comes as Adelaide experiences increasingly hotter temperatures following the weekend's unseasonal rainfall. Forecasts of high humidity combined with the above 30-degree temperatures forecast for the next three to four days will make it a very uncomfortable period in many parts of South Australia.

SES Chief Officer Chris Beattie said the best option was to remain indoors with the airconditioning on, particularly during the hottest parts of the day.

"If you do need to go outside for whatever reason then try and do so early in the morning or later in the evening when it is a bit cooler," Mr Beattie said.

Mr Beattie said people should also be aware that some air conditioners will not be as effective in humid conditions. The normally efficient evaporative air conditioners rely on the evaporation of water to produce a cooling effect. When it is humid and the air is already very moist, the usefulness of these air conditioners can be reduced.

Mr Beattie said prolonged exposure to extreme heat, especially where there are high overnight temperatures, exacerbates existing medical conditions.

"If precautions are not taken, people can become seriously ill or die," Mr Beattie said.

South Australians are urged to exercise care during the hot weather and to take the following precautions:

- drink plenty of water
- 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 for respite
- be prepared for the possibility of power outages and keep in mind that some computers and telephones may not work during power outages. Make sure you have alternative means of communication.

---

**For media enquires telephone the SES Media Line on (08) 8211 6176**

For SES response in floods or storms telephone 132 500. If the matter is life threatening telephone 000  
[www.ses.sa.gov.au](http://www.ses.sa.gov.au)