

media release

SA Country Fire Service



HEAT HEALTH WARNING

31 January 2009

Time of Issue: 2:05pm

Note: Please use SEWS with this message.

The following message must be read on air verbatim every hour until 10:00pm on 31 January 2009 and then each three hours from time of first receipt. The delivery of this message is to continue with the identified frequency until further advised.

<Message Starts>

The State Emergency Service (SES) and SA Health are warning South Australians that the current heatwave is a threat to public safety.

There have been significant SA Ambulance call outs and an increase in people presenting to Adelaide metropolitan hospitals, some suffering from heat associated illness.

Heat related illness can result in severe health issues and can be fatal.

The SES and SA Health urge the public to exercise extreme care during the heatwave and to take the following precautions:

- Make contact with elderly relatives, friends and neighbours.
- Drink plenty of water and avoid alcoholic and caffeinated drinks.
- Be aware of the symptoms of heat stress.
- Stay indoors and close curtains during the day. Open up your home at night if cooler winds occur.
- Use air-conditioners and fans wherever possible or visit public facilities such as shopping centres, cinemas and libraries.
- Take cold baths or showers and use ice packs or wet towels to cool down.
- Remember that cordless telephones do not work during power outages. Make sure you have alternative means of communication.
- Limit outdoor activities to mornings and evenings.
- Consider the safety of your pets and animals. Wet them down and ensure they have adequate shade and water.

Stay tuned to this radio station on a battery powered radio for more information.

For up to date warnings and further information on the weather forecast please visit the Bureau of Meteorology's website at www.bom.gov.au

If you are feeling unwell, contact your local GP or telephone **Healthdirect Australia** on **1800 022 222**. For immediate medical attention telephone 000.

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