SES Heatwave Advice – Check On Those Around You

Did you know that since 1900, heatwaves have caused more deaths than all other natural hazards combined? To stay safe and healthy during a heat wave it's not only vital to keep cool and hydrated, its also important to check others around us do as well. Check that those most at risk drink enough water. These can be young children, older people, and those with certain health conditions. And let's not forget our pets. Bring them inside during the day and make sure they have plenty of water too. It's a good idea to check everyone we know are using their air conditioning and fans to keep cool. Check your family, neighbours, and friends, it won't hurt to ask. And during a heatwave, lets make sure no one leaves children or animals in a parked car. For more heatwave information and advice visit the SES website.