

What can you do

- A heatwave is when there are three or more days above the usual daily maximum and overnight minimum temperatures.
- There is an increased danger to our health if our bodies don't cool down at night. It becomes more dangerous as the intensity increases and continues for multiple days.
- Heatwave warnings are broadcast after 3pm.
- Keep up to date with heatwave warnings on the radio, television and social.

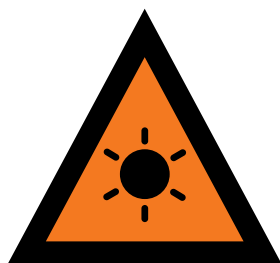


ADVICE

Temperatures will increase.

Hot weather is coming. Prepare now.

- Prepare a cool room in your home
- Plan what you'll do in a power outage
- Have enough medication, food and water
- Plan how you will keep your pets cool and healthy

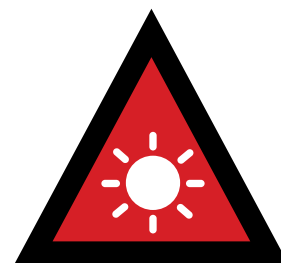


WATCH AND ACT

You may be in danger.

This is the time to act – keep cool and drink water

- Have cool showers or use a wet towel or spray bottle
- Always carry water
- Have plenty of water and shade for your pets
- Have less caffeinated or alcoholic drinks
- Sleep in the coolest room



EMERGENCY WARNING

You are in danger.

Activate your emergency plan.

- Continue drinking plenty of water
- Stay in your cool room or a cool place
- Regularly check in with those at risk
- Have an emergency kit ready with spare batteries and cooling cloths



Government
of South Australia



For more information
scan the QR code, visit
ses.sa.gov.au/heatwave