



## Ambulance Service of New South Wales

media release

**18 April 2007**

### **Health Tips for ANZAC Day**

ANZAC Day is an important day of remembrance for all Australians.

Ambulance Officers will be on-duty at events across the State, and for those people planning to participate in ANZAC Day services, Ambulance offers the following tips to stay safe and well:

- Early morning services may require you to wear warmer clothing; however remember to wear layers that you can remove as the weather warms up during the day.
- Wear flat and comfortable shoes, especially if you are marching. Older people, in particular, should be aware of the increased risk of falls / tripping on uneven footpaths and roadways.
- Remember to take your regular medications as prescribed by your doctor, and take along any additional medications that you may need throughout the day.
- Drink water regularly throughout the day, particularly if it is a hot day. Also, remember sun protection – slip, slop, slap and wrap.
- If you suffer from diabetes, remember that activity levels will affect you blood sugar. Monitor your levels closely, eat well, and keep an emergency supply of sugar (such as lollies) with you at all times.
- If you start to feel ill, or you experience chest pain, shortness of breath or faintness, stop any activity, rest and **call Triple Zero and ask for Ambulance.**

The Ambulance Service of NSW Band will proudly participate in the ANZAC Day march through Sydney's streets. The band will return to the Martin Place cenotaph for the "Sunset Ceremony" at 5.00pm.

The Ambulance Service of NSW acknowledges the significant past and present contribution of Defence and Emergency Service personnel both at home and overseas across all campaigns.

*Lest We Forget.*

~ **ENDS** ~

For further information or local media opportunities please contact Ambulance Media on (02) 9320 7796.