



Ambulance Service of New South Wales

media release

6 January 09

Beware of the Heat

With temperatures to soar to 41°C in Western Sydney today, Ambulance Paramedics are urging everyone to take care. This is particularly important for the elderly and the very young

Ambulance offers the following tips for staying **safe in the heat**:

- Try to stay in the shade & out of the sun as much as possible.
- Drink plenty of water, and if outdoors for a long time, make sure you take a water bottle with you.
- "Slip, slop, slap and wrap". Wear clothing that protects from the sun
- Never leave children shut in your car, not even for a short time! Heat generated in a closed car can quickly become fatal!
- Feed breastfed infants more frequently to help keep up their fluids
- Avoid outdoor exercise or strenuous physical activity, especially in the middle of the day.

It is also important to be aware of possible symptoms of heat exhaustion. These include nausea, vomiting, faintness, dizziness, loss of appetite, weakness and headaches.

If any of these symptoms occur, lay the person down and apply cool, wet towels around the neck and under the arms, and have them drink cool fluids.

If symptoms persist, **dial triple zero (000); ask for Ambulance**, stay on the line whilst details of the emergency are obtained and an Ambulance is dispatched.

~ ENDS ~

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