



Ambulance Service of New South Wales

media release

23 January 2009

Keep Your Cool During the Long Weekend.

With scorching temperatures forecast across the state for the Australia Day Long Weekend, the Ambulance Service of New South Wales would like to urge everyone to take care.

Whether you are attending big crowd events such as Australia Day celebrations & the Big Day Out or just enjoying being outdoors, please use common sense to avoid becoming a victim of the heat.

Ambulance paramedics offer the following tips for staying safe in the heat;

- Try to stay out of the sun. This is particularly important for the elderly and the very young. If outdoors, try to take advantage of any shade available.
- Drink plenty of water, and if outdoors, carry plenty of water with you.
- "Slip, slop, slap and wrap". Be sure to wear clothing that protects you from the sun and wear plenty of sun-block.
- Never leave children shut in your car! Heat generated in a closed car can rapidly become fatal.
- Avoid outdoor exercise or strenuous physical activity, especially in the middle of the day. If attending concerts or venues, pace yourself and don't overdo it. Tightly packed crowds, especially "mosh pits", can act as a heat trap adding to the heat risk.

It is also important to be aware of possible symptoms of heat exhaustion in yourself as well as other people around you. Excessive consumption of alcohol may actually speed up dehydration as well as masking the symptoms.

Look out for:

- nausea and vomiting



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- faintness
- dizziness
- loss of appetite
- weakness
- headache

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

If the person does not respond to treatment or they have severe symptoms which may include confusion, fitting, severe headache or collapse, call **Triple Zero (000)** immediately and ask for Ambulance.

~ENDS~

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