



## **Ambulance Service of New South Wales**

# media release

**2 February 2009**

### **Beware of the Heat**

With temperatures expected to soar to over 40°C in Western Sydney later this week, 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.
- If you're staying at home, use a fan to keep air circulating around you (and of course, air conditioning if you have it). A cool bath or a sponge bath may be helpful
- Drink plenty of water, and if outdoors for a long time, make sure you take a water bottle with you.
- Consider a visit to an air-conditioned shopping centre, the movies or a library
- "Slip, slop, slap and wrap". Wear clothing that protects from the sun and if you're swimming, remember to re-apply sunscreen regularly
- Never leave children or animals 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.
- Check on elderly or frail neighbours regularly and make sure they keep their fluids up too

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.



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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.