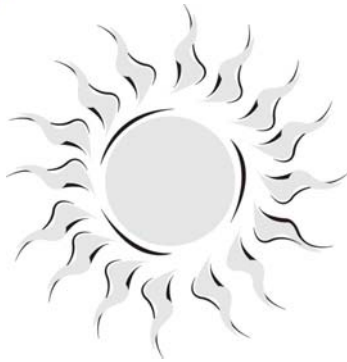


Heatwaves and your health



Adelaide experiences increased hospital admissions, ambulance call-outs and emergency visits during heatwaves.

It's important that people take care of themselves, their families, friends and neighbours when temperatures increase over the summer months. Elderly people who are in need of care and may be socially isolated are at particular risk during heatwaves.

Those at greatest risk

- The elderly
- Young children and babies
- Those with underlying medical conditions or illness
- Pregnant and breastfeeding women

Simple tips for helping babies cope with heat

- Keep babies out of the sun and in cool areas
- Breastfed babies may require extra feeds to keep hydrated and bottle-fed babies can have extra drinks of cooled, boiled water
- If a baby appears to be heat-affected, with symptoms including looking unwell, refusing to drink, fewer wet nappies than usual or vomiting seek medical attention immediately
- Never leave a baby in an unattended car

More tips to beat the heat

- Drink plenty of water to stay well hydrated and avoid alcohol or caffeine drinks that can increase dehydration
- Never leave children or animals in an unattended car. The temperature inside a car can soar to over 50 degrees within a few minutes. Heat generated in a closed car can cause serious illness or even death

- Keep as cool as possible by wearing light, loose, comfortable clothing and a hat and sunscreen
- Keep out of the sun in the hottest part of the day, between 11am and 4pm, and preferably in an air-conditioned environment
- Avoid outdoor exercise or strenuous physical activity, especially in the middle of the day

Symptoms of heat exhaustion

- Nausea
- Faintness and dizziness
- Loss of appetite
- Weakness
- Headaches
- Vomiting
- Loss of sweating
- Reduced urine output

People showing these signs should be assisted to seek urgent medical attention through their GP or the emergency department of their local hospital

For further information on Heatwave research in SA visit our [website](#)



Public Health Fact Sheet

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