

Survive the Heat

As Victoria braces for soaring temperatures in the coming weeks, Council is encouraging residents to take a moment to think about how they can stay safe in the heat.

The Department of Health and Human Services' (DHS) Survive the Heat campaign was launched on 12 December to raise awareness of the affects extreme heat can have on your health.

Council's Coordinator Grants/Emergency Management, Penni Ellicott, said extreme heat and heatwaves killed more people than any natural disaster in Australia.

"In the 2009 Victorian heatwave 374 people died and almost 80 per cent of them were over 65 years of age," she explained. "Heat exhaustion and heat stroke are serious conditions occurring when the body's temperature rises and the internal organs start to shut down. Symptoms of heat exhaustion range from muscle cramps, dizziness to nausea, vomiting and fainting."

South Gippsland Shire Mayor, Cr Argento, said there were things we could all do to stay safe in extreme heat.

"Drink at least two litres of water a day, seek out air-conditioned buildings, draw your blinds to keep the heat out and take cool showers," he said.

"We can also keep an eye on people we know who may be at greater risk of heat exhaustion like our neighbours who live alone, young children, or people with a medical condition."

If you or anyone you know feels unwell on a hot day call NURSE-ON-CALL on 1300 60 60 24, or call 000 in an emergency.

Emergency Contact Information:

- Radio - 774(AM) ABC Melbourne (Victoria's Official Emergency Services Broadcaster)
- Phone - In an EMERGENCY DIAL 000 (TTY 106)
- Victorian Bushfire Information Line - 1800 240 667
- CFA Headquarters - 9262 8444

Websites:

- Fire Updates - www.emergency.vic.gov.au
- Road Closures - www.vicroads.vic.gov.au or 13 11 70
- Park Closures - www.parkweb.vic.gov.au or 13 19 63

The South Gippsland Shire is in the CFA's 'West and South Gippsland' Fire Ban District.

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