Stay healthy in the heat

Stay cool and stay safe during the heatwave expected in coming days.

Sunshine Coast Hospital and Health Service is encouraging the community to take extra precautions to avoid dehydration or overheating with high temperatures expected.

Public health physician, Dr Andrew Langley said that during extremely hot weather it was easy to become dehydrated or overheat, which could lead to heat cramps, heat exhaustion or heat stroke.

“Some people are at higher risk of harm, including those with a chronic health condition, people who take certain medications such as antihistamines and beta-blockers, very young children, pregnant women, and older people. It is important though for everyone to plan ahead to stay healthy in hot weather,” Dr Langley said.

“To prepare for a heat wave, ensure you have enough food, water, medicines and toiletries to avoid going out in the heat; store your foods and medicines at a safe temperature; and check your fans and air-conditioning are working well.

“During the hot temperatures, keep hydrated by drinking plenty of water (discuss this with your doctor if you have been advised to restrict fluids), avoid drinks high in sugar (for example, soft drinks), caffeine and alcohol and avoid strenuous outdoor activities. If you don’t have air-conditioning or adequate fans, consider finding a cool place to go.”

Never leave people, especially children, or pets in a parked vehicle, even for a short time. Temperatures inside cars can rise to unsafe levels in a minute or two, leading to death.

For more information or support during a heatwave:
- call 13 HEALTH (13 43 25 84) at any time
- contact your doctor, hospital or health clinic
- in an emergency, call triple zero.

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