Don’t overheat during this weekend’s scorcher!

Stay cool and stay safe during this weekend’s expected spring scorcher.

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

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, the very young, 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 air-conditioning is serviced and 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 drinking drinks high in sugar, caffeine and alcohol and avoid strenuous outdoor activities.”

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.

ENDS

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