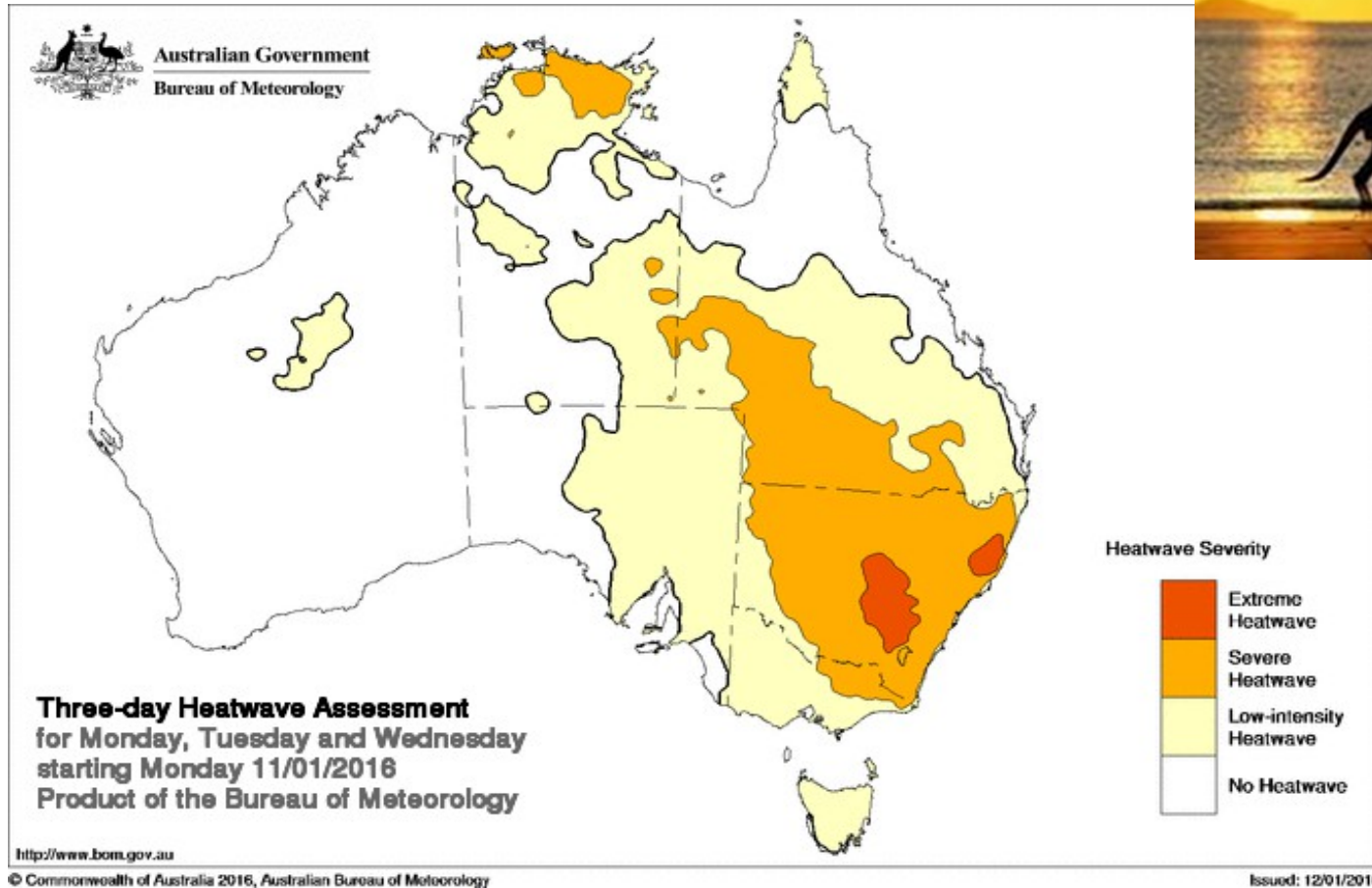
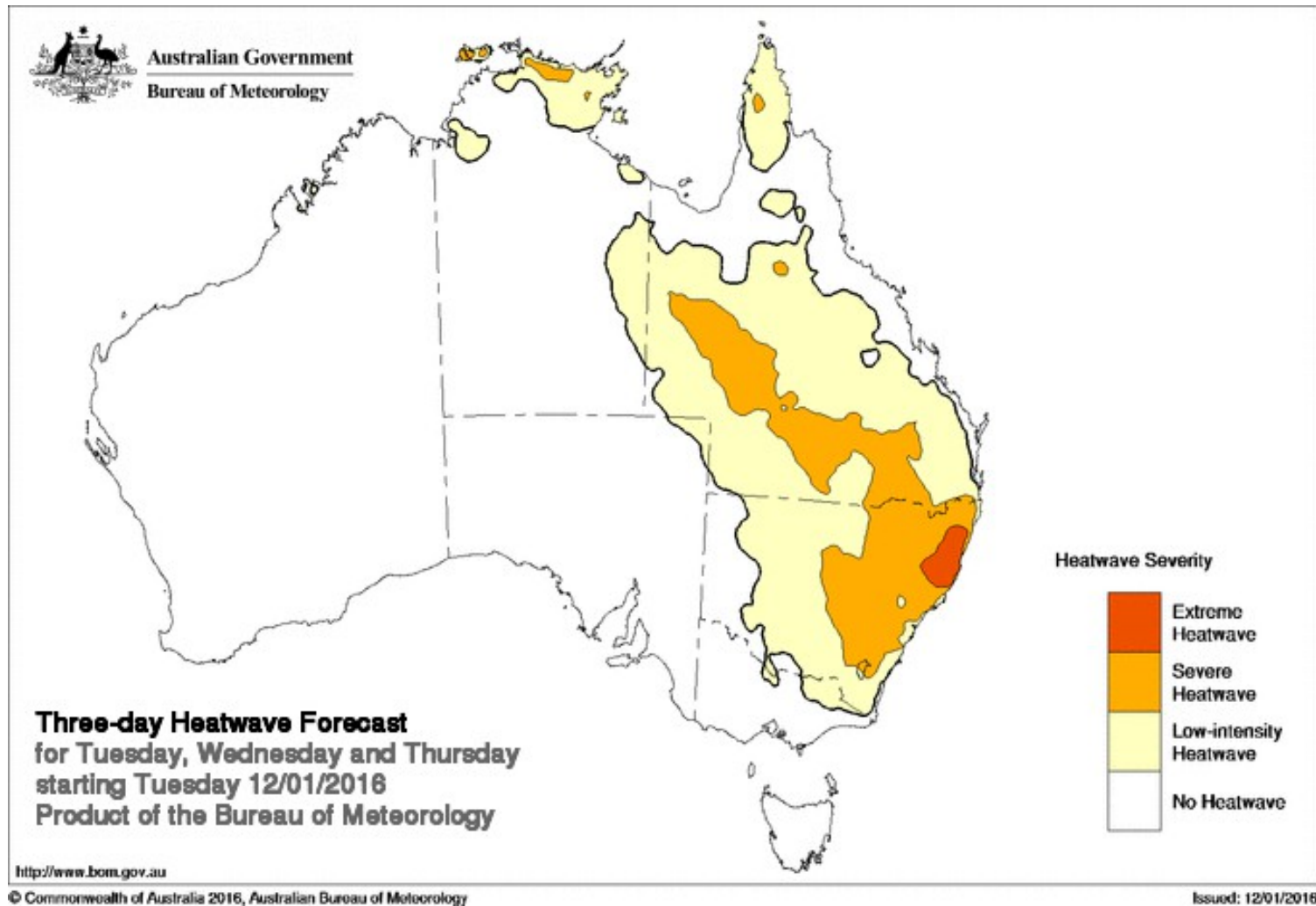


Heatwave Situation for Monday, Tuesday, & Wednesday (3 days starting 11/01/2016)



Severe to extreme heatwave conditions are indicated across large parts of eastern Australia as well as about parts of Top End. Low intensity heatwave conditions are indicated about eastern parts of South Australia and Tasmania.

Heatwave Forecasts



Heatwave Situation for **Tuesday, Wednesday, & Thursday** (3 days starting 12/01/2016)

Severe to extreme heatwave conditions continue across large parts of the east of the country but ease in western NSW and Victoria behind a significant cold front forecast to move through these areas late Wednesday and Thursday.

NSW Health has advised people should take simple precautions to ensure they stay healthy in the heat by;

- Staying well hydrated;
- Avoiding alcohol and hot or sugary drinks;
- Limiting your physical activity; and,
- Trying to stay out of the sun during the hottest part of the day.

If you can, it's a good idea to spend some time in an air-conditioned building.

Everyone needs to take care in hot weather but some people are at higher risk of heat illness, especially if they are older, live alone or are socially-isolated.

Signs of heat-related illness include confusion, dizziness, fainting, nausea, vomiting, weakness, headaches and loss of sweating.

Look after those at higher risk, including contacting them to make sure they are coping and have taken appropriate precautions.

People showing any of these signs should seek urgent medical attention through their GP or local emergency department.